



JOIN US FOR DECEMBER'S TIMELY PRESENTATION

Date: Wednesday, December 11, 2013
Time: Registration: 7:30-8:00 a.m.; Program: 8:00-11:00 a.m.
Place: Sheraton Hotel and Conference Center (Exit 14W, I-89)
870 Williston Road, South Burlington, VT

Dr. Anthony Quintiliani, Ph.D., LADC, Chief Teacher
Eleanor R. Liebman Center for the Study of Secular Meditation

8:00-11:00 a.m.

This time of year, the stress levels run high in every organization and staff can easily be consumed by all that is happening in the business, in the community, and in the swirl of activities going on around us. How costly is all this stress on an organization? How can you as an HR professional recognize the sign of stress and provide guidance to staff – discussing the need to focus inward...on ourselves, on our reactions to events, and on how external forces are impacting us? Invest some time in your organization and yourself to learn strategies you can implement to be more mindful and to reduce stress and its impacts on your life and the life of your employees. During the session, we'll cover the following topics:

- Introduction to Stress - Your Brain and Your Reactions (Why Verbal Interventions Are Not Enough)
- Basics of Mindfulness - Based Stress Reduction (MBSR) Approaches and Skills
- Mindfulness-Based Skills Training - Live Practice in Mind Body Stress Reduction Skills

This is not just another session where you will hear a lecture that is hard to translate into daily use. During this session, you will actually be able to practice the strategies discussed so you can experience the practice and learn how you and your employees can incorporate these skills anywhere...even while sitting at your desk in the office.

About the Presenter: Dr. Anthony R. Quintiliani, Ph.D., LADC, has over 38 years of successful work experience in community clinics, schools and higher education. He has served as the Clinical Director at Howard Center, MHSAS, and the Chief Trainer in the Vermont Addictions Academy for over 20 years. Dr. Quintiliani specializes in clinical interventions, training, and supervision in co-occurring disorders, Mindfulness-Based Stress Reduction, mindfulness for organizations, and evidence-based therapies. He has taught graduate counseling courses at The University of Vermont and elsewhere since the mid-1970s. He has published both articles and training manuals in his clinical areas. For many years he served as a core trainer in mental health and substance abuse treatment for the State of Vermont, and has provided similar workshops as far south as Alexandria, VA, and as far west San Diego, CA. After retirement from HowardCenter in 2010, he serves as the chief teacher at the Eleanor R. Liebman Center for the Study of Secular Meditation in Monkton, VT. The Liebman Center offers free retreats to people who are serious about their practice.

We have applied for HRCI recertification credits.

The registration fee is \$15 for *current* 2013 VHRA, GRAPE, RVHRA, and PHRMA members and \$25 for non-members. Mail registration form with payment to Vermont Human Resource Association, c/o Champlain College, P.O. Box 670, Burlington, VT 05402-0670 ...*or...* E-mail VHRA@Champlain.edu. Please include <VHRA Registration for December 11, 2013> on the subject line. Firm registration deadline: Friday, December 6, 2013.

[] Yes, I will attend the Networking Breakfast on Wednesday, December 11, 2013.

[] Payment enclosed

[] Payment in process

[] VHRA Plus Member

NOTE: Please call OR e-mail by December 6, 2013, if you will be unable to attend. **No shows will be billed.**

Name _____ [] PHR [] SPHR [] GPHR

Company/Organization _____

E-mail _____ Phone _____

Affiliation: [] VHRA [] GRAPE [] RVHRA [] PHRMA [] No affiliation