



LOUISIANA REGISTRY OF INTERPRETERS FOR THE DEAF FALL CONFERENCE

“WORKING TOGETHER TOWARDS TOMORROW”

OCTOBER 11-13, 2018



OCTOBER 11, 2018
SOCIAL NIGHT



**** REGISTER AT www.lrid.org ****

OCTOBER 12, 2018

Where: Lafayette Athletic Association for the Deaf
200 Rue du Belier, Lafayette, LA 70506

REGISTRATION:

8:00am-9:00am

9:00am-12:00pm

Burnout Proof: The VRS Interpreter’s Guide to a Long and Happy Career (0.30 GS CEUS)

Burnout is a growing problem in the VRS industry. Join me to learn simple and effective ways to become Burnout Proof and to support your colleagues in doing the same. Whether you are a current or past VRS interpreter, have never worked in a call center, or are concerned about the industry’s effects on our profession, this workshop is for you.



Objectives:

- * Understand what burnout is and how it affects VRS interpreters.
- * Learn 5 ways that they can prevent burnout.
- * Commit to 3 new habits that will help prevent burnout.
- * Connect with at least one colleague to help keep them accountable.

Lunch: 12:00pm-1:00pm (Lunch provided by LAAD)

1:00pm-4:00pm

Physical Self-Care for Interpreters (0.30 GS CEUS)

WEAR COMFY CLOTHES!!

Your body needs love too! Come learn and practice techniques to care for your muscles and joints, decrease pain and inflammation, and improve circulation. You will create a personalized daily physical self-care plan to support your body after you leave.

Objectives:

- * Participants will learn 5 key techniques for self-care or muscles and joints, decreased pain and increased circulation.
- * Participants will experience less muscle tension and deeper relaxation.
- * Participants will create a daily plan for improved physical self-care.

If you have these items, you may want to bring them:

- * a mat or towel
- * a spoon (yes, a spoon! Preferably metal or wood)
- * a foam roller
- * a tennis or lacrosse ball



Banquet: 6:00pm-till
Food provided by LAAD.

OCTOBER 13, 2018

Where: Lafayette Athletic Association for the Deaf
200 Rue du Belier, Lafayette, LA 70506

REGISTRATION:

8:00am-9:00am

9:00am-12:00pm

“Say What?” Compassionate Communication for Interpreters (0.30 GS CEUS)

Interpreters are professional communicators, we get paid to use language in ways that are clear and understandable. We are rockstars at that most of the time! But, sometimes trying to communicate with our boss, referral agency, clients and team interpreters just doesn't go as smoothly. In this workshop, we will explore the fundamentals of Non-Violent Communication (NVC), a tool to help you communicate your needs effectively in a professional, connected way that will result in a more understanding, more ease, less conflict, and ultimately everyone getting their needs met!

Objectives:

Participants will be able to:

- Identify and share difficult conversations they have had or need to have as professionals.
 - Know and apply the 4 parts of the Non-Violent Communication structure
 - Apply NVC listening techniques to receive feedback more successfully.
- Construct and share clear, concise, language following the structure of NVC
 - Practice role-playing these conversations in small groups



Lunch/Business Meeting:

12:00pm-2:00pm

(Lunch Provided by LAAD)

2:00pm-5:00pm

“Get It Off!” What to do When Your Work Gets Stuck to You (0.30 GS CEUS)

Interpreting work is sticky, and often hard to forget. Some interactions can have an impact on us long after we leave an assignment, and we don't always have safe ways to process. Over time this can lead to stress, injuries and burnout. Join us to learn new tools to aid in reflecting on your work, improving decision-making, and avoiding burnout. Participants will have a chance to explore areas of stress in their work and learn to practice tools to increase clarity, happiness and peace. This workshop utilizes hands-on and experiential learning opportunities so you can make this information your own and feel comfortable using it long after our time together.

Objectives:

Participants will:

- Understand each part of the 5-step inquiry process, how to facilitate it for themselves, and what the importance of each step is.
 - Be able to identify their stressful thoughts and apply the 5-step inquiry process
- Understand the 3 kinds of business and will have the tools to use it during a stressful situation.
 - Have practice facilitating the 5-step inquiry process.



*** INTERPRETERS WILL BE PROVIDED UPON REQUEST. PLEASE SEND AN EMAIL TO:

lrid.secretary@gmail.com AS SOON AS POSSIBLE FOR ACCOMMODATIONS***

Target audiences for the workshops are interpreters and students.



LRID is an Approved RID CMP Sponsor for continuing education activities. This professional studies program is offered for 1.2 GS CEUs at the Little/None Content Knowledge Level.

LRID prohibits discrimination and promotes an environment of mutual respect free from bias.

		Two Day	Friday Only	Saturday Only
Members	Early Bird	\$125	\$85	\$55
	After Sept 1	\$150	\$100	\$65
Non-Members	Early Bird	\$160	\$110	\$70
	After Sept 1	\$190	\$125	\$80
Deaf/Student	Early Bird	\$90	\$85	\$55
	After Sept 1	\$100	\$100	\$65
Banquet Only: \$35				

Cancellation Policy:

Cancellations before September 1, 2018 will be granted a full refund. Cancellations from September 1, 2018-September 15, 2018 will be given 50% of the paid registration cost back. After September 15, 2018 no refunds will be given for cancellations.

Presenter Bio:



Breana Hall holds her CI/CT from RID, B.S. in Interpretation from Western Oregon University and is a Certified Life Coach. She has led thousands of interpreters in preventing burnout and finding the passion again in their lives through developing habits of self-care. Brea is a native of Portland, Oregon, where she can usually be found writing, reading, or playing near water with her 3 kids.