

Individualized Personal Development Sessions

For Professional Interpreters

Educational - Productive - Personal - Conversation



with Arlyn A. Anderson, MA, PCC, CI & CT
Whole Interpreter Enterprises



Earn up to 2.0 RID CEUs
in Professional Studies in a calendar year!!

Sign up for 1 or all of these *live* personal development sessions. Each is designed to bring you more *insight, effectiveness and fulfillment* in your life and work.

- \$120 per 2 hr. live video session (includes .2 CEUs)
- www.wholeinterpreter.com
- Contact: 612-961-6421 - arlyn@wholeinterpreter.com
- 1-1 or small group

<p>1 Whole Interpreter: Well-Rounded Wheel of Mental Health Interpreting</p>	<p>2 Managing the Monster in Your Mind: Reprogramming Negative Inner Dialogue</p>	<p>3 Psychological Mindedness: Self-Awareness and Self-Care as Professional Skills</p>
<p><i>Explore Mental Health Interpreting standards of practice. Increase awareness of biases, judgments and values while developing self-management strategies in the presence of heightened emotions.</i></p>	<p><i>Learn about the role of neuroplasticity on managing self-criticism, and negative inner-dialogue. Engage with a creative approach to harness the power of the brain to transform itself.</i></p>	<p><i>Use current findings in positive psychology and neuroscience to connect self-knowledge and self-care with our effectiveness as professional interpreters.</i></p>
<p>4 Professional Resilience: Briefing and Debriefing Difficult Assignments</p>	<p>5 The Silencing Response: Vicarious Trauma, Compassion Fatigue and Resilience</p>	<p>6 Self-Management: Managing Strong Emotions in Professional Settings</p>
<p><i>Bring an actual difficult or painful interpreting experience and explore the essence of the discomfort. Examine the experience for its impact and lessons to integrate the experience and move forward.</i></p>	<p><i>Explore and identify effective strategies for managing professional stress conditions and building resilience. Learn the trajectory of compassion fatigue and the 'silencing response.'</i></p>	<p><i>Explore the neuroscience of strong emotions, drawing from the fields of neuroscience, mental health interpreting and professional coaching. Engage in interesting, relevant & transformative discussion.</i></p>
<p>7 Custom Individual Coaching Session: Your Topic</p>		
<p><i>Bring your own topic – Uniquely co-designed to meet your individual needs.</i></p>		

Here's what people are saying about Individualized Personal Development Consultations with Arlyn:

"I was expecting to enjoy it, but I was not expecting it to feel so powerful!"

"Because of Arlyn working through things with me, I am still providing interpreting services . . . to this very day."

"I will refer back to her encouragement in all aspects of my life. Thank you so much, Arlyn, for your insight."



To request accommodations to make this event accessible, please contact Arlyn Anderson at arlyn@wholeinterpreter.com

Target audience is interpreters at all levels of skill and experience.

MRID is an Approved RID CMP Sponsor for continuing education activities. This professional studies program is offered for up to 2.0 CEUs at some Content Knowledge level.