

Enroll
HERE!

Shifting Perspectives for Meaningful Change

We often hope for change in the new year and look forward to it. This seminar focuses on how to shift your perspective. This session will focus on tools designed to help with meaningful behavior change. This session will help you gain skills to manage your inner well-being and create a new mindset for the new year. Our objectives include:

- What are strategies for shifting your perspective?
- Understanding impacts of mindset.
- Learning tools and tips for meaningful change
- Explore strategies of self-care and rejuvenation

- **Date/Time:**

1/22/25

10:00 am - 11:00 am

- **Cost:** No Cost

- **Location:** Zoom



**Jen Racicot, MA, PCLC,
NCC - Mental Health and
Wellbeing Coordinator**

Jen is a nationally certified counselor with a Master's in Clinical Mental Health from The University of Montana.

Jen specializes in mental wellness, trauma recovery, and strategies for compassion fatigue and burnout. As the Mental Health and Wellbeing Coordinator she supports Tribal Health and public health employees statewide. She is trained in strength-based counseling, EMDR, IFS, mindfulness, and art therapy. In her free time, Jen enjoys live music, mountain biking, skiing, art-making, and outdoor adventures in Montana.

This learning opportunity is funded
by
MT DPHHS
**Behavioral Health and
Developmental Disabilities**

