

**South Carolina Association of Prevention Professionals and Advocates  
Annual Meeting & Training**



**Motivating the Motivator: Self Care & You**

**Thursday, December 14, 2017**

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**Brookland Conference Center, 1066 Sunset Blvd., West Columbia, SC 29169**

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<b>9:00 am</b>	<b>Registration, Continental Breakfast</b>
<b>9:30 am</b>	<b>Welcome/Introduction of Speaker</b> <b>Topic: Motivating the Motivator: Self Care &amp; You</b> <b>Speaker: Eunika Simons, BA, MSW</b> <b>The Weathers Group</b>
<b>11:45 am</b>	<b>SCAPPA Awards</b>  <b>Jan Oglietti Fundraiser</b>
<b>12:15 pm</b>	<b>Lunch</b>
<b>1:00 pm</b>	<b>SCAPPA Business</b> <ul style="list-style-type: none"><li>❖ Remembering our Colleagues (<i>January 2017-December 2017</i>)</li><li>❖ Annual Report</li><li>❖ Certification Report</li><li>❖ Recognition of New Certified Members</li><li>❖ Introduction of the SCAPPA Board</li></ul>
<b>3:30 pm</b>	<b>Announcements, Evaluations, &amp; Adjournment</b>

You spend your day pushing, motivating, driving, and encouraging others. You expend a tremendous amount of energy and effort on ensuring others are pumped up and at their best. After all of this, who's encouraging you? ***That's what this session is all about.*** Let's face it, those that lead and direct need some motivation and encouragement, too. The sad fact of the matter is that often times, we don't get it; then it begins to show. We lose our edge, we get discouraged, and it affects our entire team. ***Motivating the Motivator will help you rekindle the fire before you burn out.***

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**Training Objective:**

You will learn the value of self-care and self-motivation as well as habits and techniques to renew and maintain your passion and focus for your calling.

**Takeaways/Objectives:**

- Methods to refresh and revive your attitudes
- Identify boundaries and life balance which contribute to your personal well-being
- Assess yourself for burnout symptoms and opportunities to create self-care habits
- Learn and share tips and methods for self-care activities that go beyond physical health
- Commit to implement one small self-care activity post session

<http://www.scappaonline.org/>

<https://www.facebook.com/pages/South-Carolina-Association-for-Prevention-Professionals-Advocates/>

## Speaker Bio

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### **Eunika Simons, BA, MSW**

Eunika72@gmail.com

Eunika Simons is a faculty member for University of South Carolina College of Social Work, and has held that that appointment since 2005 teaching graduate coursework in community social work practice. As an experienced TWG Associate, Eunika is a skilled organizational leader, facilitator, communicator and trainer with strong problem solving, strategic thinking, organizational and team building skills.

Prior to her position at The University she served as the Executive Director of the Reconnecting Communities Coalition before her return to school to earn her PhD. Eunika also has over 18 years of non-profit management experience including serving as Director of Community Services and Behavioral Health at Family Service Center, Executive Director of Communities In Schools, and the Santee-Lynches One-Stop program.

#### **Education**

BA

MSW

#### **Professional Activities & Achievements**

Non-Profit Leadership Institute at Francis Marion University

Excellence in Leadership Program from the University of Georgia

#### **Practice Area**

Leadership