

# The Art of Self-Care

A  
PATH  
TOWARDS  
PERSONAL &  
PROFESSIONAL  
WELLNESS



## HOPE ROCKS

Imagine Change...

'Self-care' is a much-used term, yet how often do we reflect upon its meaning and application? How do we define it? What happens to us, and to our quality of life, when we forget to nourish ourselves?

Enjoy an infusion of creativity and energy during this interactive session that inspires self-discovery, reflection and wonder.

It is an invitation to lift the veil of stress and to step into the present moment.

It is an opportunity to begin to see life with new eyes and to tap into the wisdom that a busy mind can miss.

In this quiet and sacred space you will feel what your mind, body and spirit are missing to effectively manage stress. You will reflect upon your personal vision of wellness, the barriers that prevent you from living lightly, and to find simple ways to invite wholeness into your everyday life.

*Restore - Replenish - Rejuvenate*

### Kim Holl

*Facilitator & Social Artist*

As a storyteller, social entrepreneur and compassionate communicator, Kim has devoted much of her life to transformational education and adventure learning. She has presented at conferences and facilitated innovative workshops and speaking circles throughout the Pacific Northwest that focus on youth advocacy, community engagement & wellness, peace building, restorative practices, and using philanthropy to inspire social change.

### Kim Holl

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*"Kim, your gentleness is calming and supportive."*

*"Marvelous. Wonderful to learn about the gift of silence and how our humanness is a gift. Handled with warmth and sensitivity."*

Franciscan Hospice Volunteers