

# CDH Educates Workshop Series 2022

## Reboot and Recharge Changes, Challenges, and Choices!

Tuesday, April 12, 2022

1:00 pm - 2:30 pm

Delivered via Zoom

Volunteers have always risen to the occasion in the face of changes, challenges and unpredictability – however COVID 19 delivered a powerful sucker punch that has left many of us wobbling emotionally, mentally, physically and spiritually, and anxious about what the future may hold. How do we dust ourselves off, embrace new beginnings, navigate continuous challenges, and courageously step into our new normal? Join Motivation Sensation Speaker Rosita Hall as she offers six bold strategies to help us reboot, recharge and make smart choices in order to be our best, and do our best in giving back to others and ourselves.



Presenter: **Rosita Hall**

*Speaker, Coach & Canadian best-selling author Rosita Hall inspires others to walk unapologetically in their authentic truth each day, to care deeply for their hearts and souls and to seize the opportunities with their name on it. Rosita holds a Bachelor of Social Work degree from the University of Windsor. She spent over 26 years in various leadership positions and for the past 20 years, she has been operating her own speaking, coaching, and consulting business – Motivated Minds. She has spoken to thousands of individuals/companies in the area of leadership, self-care, motivation, entrepreneurship, change and teamwork.*

*Rosita is the recipient of several prestigious awards for her leadership capabilities and her work in empowering women. She believes in the power of giving back and can be found actively volunteering in her community when she is not on the road. She is a founding member of the Women with Passion and Purpose Not for Profit Corporation that raises money for local charities.*



Registration at [cdhalton.ca/events](https://cdhalton.ca/events) Please register by **Friday April 8 @8pm.**

Fee: CDH Members: \$15; Non-Members: \$25

*Zoom virtual meeting link will be sent to the email provided in the registration, one day before the event. Any questions? Call 1 (855) 395-8807 ext. 2 or email [hejohnson@cdhalton.ca](mailto:hejohnson@cdhalton.ca)*