

OTAH Virtual Educational Seminar

Title: Neuroscience-based strategies to boost your willpower, restore life balance, and reduce stress

Presenter: Dr. Sheryl Shook, PhD

When: Saturday, January 15, 2022, 8 AM to 9 AM

Duration: 2-hour seminar, 2 PDUs.

If you would like to review or unable to attend on this date, a Recording of this seminar will also be available for viewing at a later date.

Learning Objectives:

At the end of this workshop, participants will be able to:

1. To implement and to teach others to use, neuroscience-based strategies
2. To make changes in daily habits
3. To increase life balance.
4. To identify sources of burnout and engage in practices to rejuvenate.
5. To increase your willpower for making decisions that will lead to less stress and more health.

About the Presenter:

Sheryl Shook, PhD, graduated from California Polytechnic State University in San Luis Obispo with a bachelor's degree in engineering before working as an engineer and scientist on the International Space Station Program. After volunteering at a psychiatric unit, she was motivated to attend University of California at Davis where she completed a doctorate in neuroscience. Her work with neurosurgery teams and a seizure unit compelled her to find more answers to healing neurologic disorders and thus completed studies in herbal medicine. A strong desire to teach, and empower others in their own healing, has led to her author three books. Her creative energy is further nurtured by the joy she receives from her children and grandchildren. She teaches sleep science and human anatomy and physiology at Kapi'olani Community College in Honolulu, Hawai'i. When she is not in the classroom being inspired by her students, she is supporting women during pregnancy and birth. This leaves the perfect amount of time for surfing and hiking on the beautiful island of O'ahu where she lives with her husband. You can view her website at yourbalancedhealing.com.