



Harnessing the power of energy and attitude

The interplay between energy and attitude empowers us to take control of our behaviors. In this session you'll learn to understand how energy impacts attitude in daily life, and effects mindset and behaviors.

What you'll learn:

- Deeper understanding of how energy drives us
- Benefits of checking your energy
- How energy dictates reactions from others
- Creating positive outcomes from understanding the transformative energy-attitude interplay

About the Facilitator:

Rebecca Sultan, MA, LMFT, LCADC

Rebecca holds a BA in psychology and education from Whittier College and an MA in counseling psychology from Regis University. She is the manager of Employee Assistance Program services at Behavioral Healthcare Options, where she has worked for over ten years.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

Attitude 101 – What does energy have to do with it?

Thursday, April 10, 2025
4 – 5:30 p.m.

Click **HERE** to register or **Scan** the QR code.



Earn 1.5 Clock Hours*

*Please indicate on the registration form if CEUs are required.