

# CERTIFICATE OF ATTENDANCE

*This is to certify that*

**Michelle Van Hauen**

of

**Phyxius Inc**

*attended*

**Embrace the Power of Habits**

Date: 3/14/2024 10:00 - 3/14/2024 12:00

We all have things we'd like to accomplish, goals that we set, and stories of giving up in failure. We hear a lot of about the importance of self-care in our field, but occasionally doing something nice for ourselves creates only a moment of happiness, not a path to longer term contentment and growth. Learning how to evaluate, understand and tweak our habits is the key to achieving our goals, and living a more successful personal and professional life. In this training, we will examine the role of habits in our lives. We will look at the choices that we make at home and at work, and how they influence what we accomplish. We will look at how habits are formed, how they are changed, and how they are maintained. This training will help you be better able to identify, evaluate, and find a path to achieving your personal and professional goals. CEU Contact Hours: 1.8 for Nurses, 1.5 for Social Workers

STAR Services is a training, education, staffing, consulting, and business development resource for social service agencies, individuals, families, social service professionals, schools, and government agencies. STAR Trainers have a combined experience of over 100 years of supporting people with various disabilities and mental health conditions in a variety of settings. Learn more at [starsvcs.com](http://starsvcs.com).

