



Pennsylvania - Delaware Chapter
Association for the Education and Rehabilitation
of the Blind and Visually Impaired
www.penn-delaer.org

Penn-Del AER Presents

Taking Care of Ourselves: Helping Us So We Can Help Others

Featuring Billy Brookshire as Guest Presenter

June 23, 2021, 4:30 – 6:00 pm EDT

**A Session Part of the 2021 Virtual Leadership Series
Taking Charge: Restore, Refresh, Renew**

The 2021 Penn-Del AER Leadership Series has focused on strategies for recharging, refreshing, and renewing ourselves professionally and personally and on ways we can share those strategies with our students and clients. Our first session with Maria Lepore-Stevens focused on our physical health and the importance of exercise. In the following session, Maureen Army helped us to call attention to our creative side with rock painting.

In this rescheduled session, "Taking Care of Ourselves: Helping Us So We Can Help Others" with Billy Brookshire, we will focus on strategies to refresh and renew our state of mind and help us keep going.

Session Details:

- The session is 90 minutes in length
- The session is free
- Registration is required
- [Registration link](#)
- Request for available accommodations need to be made no later than June 16, 2021
- This is Session 2 of the series rescheduled from February 25, 2021
- A certificate of attendance can be obtained upon request

Note: If you are waiting for your certificate from the previous sessions, we apologize for the delay and inconvenience. The issue is being addressed and the certificates will be distributed to you soon.



The Pennsylvania-Delaware Chapter of the Association for the Education and Rehabilitation of the Blind and Visually Impaired (AER) supports professionals who provide education & rehabilitation services to people with visual impairments.

Taking Care of Ourselves: Helping Us So We Can Help Others

Description:

Societal change is accelerating, causing us to readjust more and more rapidly to increasing demands. The Pandemic has added yet another layer of complexity and stress to jobs that were already demanding. Many practitioners start each day depleted physically, mentally, emotionally, and spiritually.

To change this scenario, it is important to make space in your life just to “be,” to identify self-nurturing activities, and to make use of comfortable minutes. In the time we spend together in this workshop, we’ll explore options to help you take better care of yourself. The good news is that these activities don’t have to be hard, expensive, or take a lot of time, and they can be shared with your students and clients and with their families!

Presenter Information:



Billy T. Brookshire, a Past President of AER’s International Board, has over forty years of experience in rehabilitation and training and a reputation to match! He retired from the Texas Division for Blind Services where he served as Blindness Training and Development Specialist for 30 years. As the award-winning author of the book, *Loving Me: A Guide to Creating and Presenting Workshops on Self-Esteem*, Billy continues his passion for working with people through his private practice as a consultant and presenter of his uniquely animated workshops throughout the U.S. and Canada. He serves on several vision-field-related boards and remains a long-term-member of AER’s History and Memorial Committee.

A native son of the Lone Star State, Billy grew up on a farm in Central Texas and has lived in Austin since 1977. In addition to his professional expertise, he adds to Austin’s local color as an expert sight-seeing guide and loves showing visitors the rich culture and beauty of the city. He is widely known for wearing quirky clothing, disgorging boot-loads of Texas trivia on unsuspecting bystanders, and always — ALWAYS — taking time to laugh and have fun.

Billy’s awards include: the Robert M. Lambert Award for Outstanding Lifetime Achievement in Service to People Who Are Blind and Visually Impaired from AER Psycho-Social Division in 2008; the Virgil Zickel Award for Excellence In Product Development from the American Printing House for the Blind in 2003; the Aubrey Boyd Tipps Memorial Award from Texas Association for Education and Rehabilitation in 1999; the Sammy K. Rankin Outstanding Member Award from TAER in 1995; the Distinguished Service Award In Rehabilitation from South Central Region of AER in 1993; the Arkansas Traveler in 1991; and Admiral of the Texas Navy in 1986.