



# Senior Provider Information Network

Portland Metro Area

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*Presents*

## “Community Building Through Personal Development”

***Raina Stinson, RN, BSN***

**Date:**

Monday, September 29th, 2008

**Time:**

3:00-5:00 p.m.

**Location:**

Avamere: The Pearl at Kruse Way  
4550 Carman Dr.  
Lake Oswego, OR 97035

**Phone:**

503-675-6055

**\*\*Parking available in Church Parking lot across the street\*\***

**--1.0 CEU applied for from Board of Examiners of Nursing Home Administrators--**

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: If you plan to attend, let us know at “RSVP Now!” on the SPIN website\*  
: [www.spinportland.org](http://www.spinportland.org)  
: (This is important for speakers copying handouts and facilities preparing refreshments!)  
: .....

Please join Raina Stinson, RN, BSN as she discusses community building through personal development. Would you like to improve your communication skills? Would you like to create a more cohesive, and compassionate community environment. Would you like to learn new ways of reducing stress? Develop an understanding of the importance of personal development, and how it is a key component to being an effective leader. Develop an understanding on the importance of leading through inner wisdom as a way to create genuine communities. Learn the 4 stages of community building. Learn techniques to increase inner wisdom. Learn heart-centered, stress reduction techniques.

**SPEAKER: Raina Stinson, RN, BSN, is a Mental Health Nurse, private practitioner, business consultant.** She has been in the nursing field for twenty-four years. She received her BSN at the University of Portland in 1983. She is also a 2005 graduate of the University of Spiritual Healing and Sufism, where she earned a certification in spiritual counseling.

Raina is a survivor of professional burn-out and is passionate about sharing what she has learned about the importance of self-care. Through a heart-centered approach, Raina teaches caregivers and healthcare professionals how to care for themselves, manage stress and strengthen their individual relationships. Raina integrates the concepts of self-care into a team building model which is effective in creating cohesive team environments. Through this process many individuals have experienced decreased stress, increased job satisfaction and more meaningful interactions with their clients, and coworkers.

***Please Forward and/or Post This Invitation for Others Who May be Interested***

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