



OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

Exploring Balance



Elysa Roberts is an educator, life coach and occupational therapist. Since July 2010, she's served as the Program Director and an Associate Professor at Rocky Mountain University of Health Professions in Provo, Utah. She is part of a team leading occupational therapists to advance themselves professionally and personally by earning a post-professional clinical doctorate. This position allows "remote" access to students and faculty from the southwest coast of Florida and gives her the chance to travel to Utah throughout the year. Elysa's also taught at Nova Southeastern University and Barry University. Her areas of teaching and practice expertise are gerontology, health promotion, clinical reasoning and evaluation of physical and adult dysfunction. She's an avid fitness enthusiast, loves cooking with fresh, local veggies and enjoys reading, yoga and creative arts.

Experiencing an Exemplary Life: A Guided Tour

An exemplary life does not just grow out of happenstance, luck or fate; it requires vision, strategy and most importantly, action. Blending traditions of occupational therapy with techniques from professional coaching, Elysa Roberts shares her five-phase approach to experience one's exemplary life *now*.

Participants will learn the purpose of each phase of the process along with specific strategies and tools for self-exploration or for use with clients. Examples and evidence will augment content.

This session will educate and may motivate participants to venturing through a phase or two!