

**PRESENTED BY:**

**Karen Davis LMSW, AP** - is with the University of Texas at Arlington School of Social Work Center for Child Welfare.

**TRAINING SITE:**

OU / DHS Training Center  
617 W. Rock Creek Road  
Norman, OK 73069

**TRAINING GROUP:**

This workshop is open to enrollment for CWS IIs and CWS IIIs who have been approved by their administrators to attend and is limited to 40 participants. Participants must have completed all Level 1 and Level 2 mandatory training prior to enrollment in this workshop.

**COURSE DESCRIPTION:**

Reclaim enthusiasm for your job, keep up your morale and manage the frequent changes and challenges in your workplace. Measure your level of optimism and pessimism. Learn how optimism increases your achievement level and measure your physical health. With the optimism workout, you will learn skills to drop the weight of pessimistic thinking and sculpt those mental muscles to create an optimistic mindset of choice.

**HOURS:**

Registration at 9:30 a.m.

**Day 1:** 10:00 a.m. to 5:00 p.m.

*Participants are reminded that anyone missing more than 30 minutes of a workshop may not receive full credit for the workshop.*

**CANCELLATION:**

***PLEASE DON'T BE A NO-SHOW.***

If you cannot attend after you have already registered, please e-mail [CW.CPMtraining@ou.edu](mailto:CW.CPMtraining@ou.edu) immediately.

**LODGING ACCOMMODATIONS:**

All participants qualified for lodging will automatically be booked a room. Lodging is ***Sooner Legends Inn and Suites, 1200 24<sup>th</sup> Avenue, Norman 73072.*** A verification e-mail will be sent out three weeks prior to training. A confirmation number will be sent to you a week prior to training.

If lodging is not needed, please contact [CW.CPMtraining@ou.edu](mailto:CW.CPMtraining@ou.edu) and your room will be cancelled.

*In the event you must cancel within 24 hours of your check-in date, you must contact the hotel directly for cancellation or you will be responsible for the room cost.*

**►For individuals traveling in excess of 130 miles one way (map miles), lodging is available the night before.**

**\*OKDHS DRESS CODE IS ENFORCED DURING TRAINING\***