

Shifting Your Thoughts About Benefits Of Mentoring Through Panel Discussion

Presenter Name: Ann O'Brien, MS

Licensure Credentials: Nationally Certified School Counselor (NCSC)

Secondary Presenter: Eagala Mentors

Licensure Credentials:

This panel discussion will provide an interactive forum for participants to engage in questions and answers regarding the benefits of the Eagala Mentoring Program. It will immediately follow the Mentoring Presentation.

Objective 1: Participants will be able to identify the three most important factors when choosing a mentor; will be able to discuss at least three benefits to participate in mentoring as part of professional development

Objective 2: Participants will engage in mentor session activities to help clarify the mentoring process, while demonstrating the Eagala Model skillsets.

Objective 3: Participants will identify personal learning goals through self-awareness ('S) and self-analysis.

Presenter Bios:

Ann O'Brien, MS, NCSC is a retired Nationally Certified School Counselor and Guidance Department Chair, who has over 35 years of experience working in the mental health profession. Certified with a MS in Professional Counseling from Johns Hopkins University, she specializes in working with students K-12 and their families. As a trained Traumatic Loss Counselor, she supports individuals during trauma work using a variety of evidence-based therapeutic resources, while partnering with horses. These resources include: Trauma Focused Cognitive Behavioral Therapy, Eagala Model Equine Assisted Psychotherapy, Natural Lifemanship Principles of Connection and Relationship building skills, Dr. Dan Siegel, Dr. Bruce Perry, Dr. Stephen Porges, and the works of Drs. Mannarino, Cohen and Deblinger. Ann is the co-founder of H.O.P.E. LLC (hopeandhorses.com), an Equine Assisted Learning program; is Eagala Advanced Certified as a Mental Health Professional (MH) and as an Equine Specialist Professional (ES); is an Eagala Mentor. She presents at National Conferences on the topic of Trauma work, and Equine Assisted Therapy, facilitates workshops focusing on trauma for other professionals, and is the co-author of two Eagala endorsed books: *Equi-fit: Health and Wellness through Horses*, and *EquiPower*. After 30 years, Ann continues to partner with horses in S.C. in order to empower individuals to develop healthy relationships with self and others.