



**WELCOME!**

**THE ALIGNED PROFESSIONAL**

*Building Therapeutic Alliances  
For  
Stronger Connections*

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**You'll discover...**



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**DISCOVERY 1**

***BEING AN ALIGNED PROFESSIONAL***

- Enhances professional relationships & fosters therapeutic alliances
- Freedom from daily stressors
- Rejuvenating & Rewarding Interactions.

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### DISCOVERY 2

#### KEY INGREDIENTS FOR SHIFTING YOUR ENERGY

- Shifting your energy
- Feel in control of your emotions and
- Elevate your confidence
- Create strong professional and therapeutic bonds



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### DISCOVERY 3

#### SKILLS

- You'll learn skills that can boost feelings of calm strength and professional confidence
- Just a few minutes a day



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### YOUR INSTRUCTOR

**HEIDI MACALPINE, OTD, M.ED, CTP, C-EYT**

Owner, Align OT, PLLC  
 Host of W.E.L.L. Matters Podcast, Best Selling Author, Poet  
 Educator, Wellness Program Developer  
 Mental Health Advisor for Listen to Lead Long Island  
 Mentor - AOTA






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### YOUR INSTRUCTORS

#### DEBRA BATTISTELLA, MS, OTR/L

- President, Creative Concepts In Occupational Therapy LLC
- Co-Host of The Noggins And Neurons Brain Injury Recovery Simplified Podcast
- Board of Directors-Red Barn Nature's Way Foundation



**Creative Concepts**  
OCCUPATIONAL THERAPY LLC



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### REASONS FOR SHARING

- It's backed by strong evidence, which we know matters to you as committed professionals
- We've personally experienced the powerful benefits of these techniques.



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### MAXIMIZE YOUR LEARNING



- **Print** slides
- Take **DETAILED** notes
- **Complete** exercises

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We hope you find The Aligned Professional Mini Course valuable to your practice.

Don't hesitate to reach out with your thoughts and ideas—we'd love to hear from you!



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### NEXT UP!

Jump into the course!

Begin with Lesson 2—it sets the stage for everything that follows.

After that, start exploring with SOUND JOURNEY or POWER OF BREATH - you decide!

End with the Wrap Up!



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