



**ASHA CE**  
**APPROVED PROVIDER**

South Dakota  
Speech-Language-Hearing  
Association

Introductory level  
0.1 ASHA CEUs

### **SDSLHA Convention**

Pre-Recorded presentation,  
Available March 13 to May 8

#### **Title – Don't Settle for Mediocrity - Simple Ways to Make 2021 a Year to Thrive**

2020 was a year of many disruptions and everyone was forced to live with changes caused by those disruptions. But, if you review history, you will discover that embracing disruption can lead to personal and professional growth. Dr Kasewurm will share simple ways to improve your work and personal lives so that your profession becomes a source of joy and provides the resources to help you realize your dreams.

**OBJECTIVES** – Participants will be able to:

1. Outline three ways to improve positivity that will impact your personal and professional life
2. Define simple ways to attain a positive work/life balance
3. List five specific disruptions and how to harness them for personal and professional growth

**Presenters:** Gyl Kasewurm, AuD

**Bio:** Gyl Kasewurm, AuD started and has operated Professional Hearing Services (PHS) in Saint Joseph, Michigan, for many years. The practice is known for its innovation and is a benchmark for the patient experience. Kasewurm has served many leadership roles in the hearing healthcare arena and has thousands of followers on her DrGyl.com website and she has earned many awards and honors including a Distinguished Achievement Award from the American Academy of Audiology and was honored as a Distinguished Alumnus by the Health and Human Services Department at Western Michigan University, an honor bestowed on only 100 of 18,000 graduates. Dr. Kasewurm is a well-known author and sought after speaker and is an author of Dr Gyl's Guide to Successful Hearing Healthcare Practices.

**Disclosures:** Dr. Kasewurm reports no relevant financial or non-financial disclosures.

#### **Time Agenda**

- 8:00-8:10am Intro and List of expectations for the talk
- 8:10-8:20am Causes of stress and how to relieve it
- 8:20-8:30am Explanations of Coping Strategies
- 8:30-8:40am Examples of Coping Strategies
- 8:40-8:45am Ways to be Purpose Driven
- 8:45-8:50am Identifying when you need to be Brave
- 8:50-9:00am Finding ways to believe in a positive outcome