



*Inviting the Wisdom of Death into Life
with Frank Ostaseski*

AGENDA

7:00pm-8:00pm

- Introduction to the principals of his Five Invitation theory
- Best practices for professionals working with patients/clients coping with loss or serious illness

8:00pm—8:45pm

- Presentation of practices that help discover how an awareness of death can be a valuable companion to living well.
- Break out experiential work focusing on forging rich and meaningful life free of regret.

8:45-9:00

Q&A

LEARNING OBJECTIVES:

Following the webinar, participants will be able to:

- Identify how to support clients/patients awaken to full catastrophe living
- Utilize knowledge of mindfulness based, compassion focused and relationship centered approaches to living and dying
- Apply learned skills and best practices to support the navigation of life transition, coping w/ loss or serious illness or personal crisis.