

# Forward-Facing® Freedom: Professional Resiliency

## JEREMY QUIRING

Jeremy has been a teacher since 2004 and a school and community counsellor since 2015. After suffering from burnout, he became a certified Forward-Facing® Coach for Health and Wellness and Consultant for Forward-Facing® Freedom. Jeremy hopes to bring to others the promise that a higher quality of life can be achieved within the most complicated and difficult circumstances with the tools that are given within this workshop.



## FORWARD-FACING®

Forward-Facing® is a unique process for resolving our painful past while living a principle-based life here in the present. It is the marriage of science-based self-regulatory skills paired with resilient intentional living. Engaging these skills lowers stress symptoms while simultaneously enhancing quality of life and well-being. The skills are deceptively simple and easy to implement. Anyone can learn them in a short period of time and then work the rest of their lives to master them. While Forward-Facing® is addressing and resolving traumatic stress, it is equally effective for developing stress management, resilience and optimization skills for professionals, parents, couples, athletes and performers. Whether resolving trauma, preventing compassion fatigue, or optimizing professional capacity, Forward-Facing® is universally transformative.

JEREMY QUIRING FORWARD-FACING® COACH AND CONSULTANT PROFILE

[HTTPS://FORWARD-FACING.COM/PROVIDER/JEREMY-QUIRING/](https://forward-facing.com/provider/jeremy-quiring/)



This workshop will bring a Professional Resilience Focus to the original Forward-Facing® Freedom workshop by the expressed written permission of Dr. J. Eric Gentry, founder and president of Forward-Facing®.

Workshop components:

1

**A "Driver's Manual" for the Human Autonomic Nervous System**

2

**Understanding Where Toxic Stress Begins for Front Line Helping Professionals and How It Can End**

3

**Understanding and Practicing In-The-Moment Self-Regulation Skills for Workplace/Community/ Home**

4

**Build Personal/Professional Mission , and Vision Statements, and Values for Living Them Out**

5

**Planning Forward into Personal and/or Professional Practices by Building Professional Resilience Plans**

6

**Learning How to Establish Networks of Support to Prevent Relapses and Support Continued Professional Growth and Freedom**

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