



COAAA Professional Education

January 9, 2026

9:00 a.m. - 12:15 p.m.

Module 1 of 4



Creating Effective Life Work Balance: A Strategy for Social Work Excellence

Taking a Stance for Life Balance—This concept draws on the prepared stance a gymnast assumes before performing maneuvers, applying similar principles to life for fostering mental and emotional stability, which can improve professional effectiveness.

Presenter:

Linda Ross Newsome is a registered nurse and licensed professional counselor with extensive experience across public health, faith-based health services, and community education. Her work focuses on chronic disease management, self-care strategies, and improving mental/emotional health.

As a mental health therapist, Linda brings deep expertise in group therapy in areas of addiction recovery, mental health and wellness coaching. She teaches health education from a whole-person perspective, body, and spirit—and has developed numerous spiritually based programs for faith communities.

Linda believes that faith is the foundation for living with purpose and abundance. Her work in mental health, life skills education, and mentorship reflects her faith in action.

Course Objectives:

At the end of this session, participants will be able to:

- Define stance based on self-awareness
- List key stance positions that support life balance
- Describe development of one's life-stance for mental and emotional stability
- Discuss impact of awareness and insight in taking a stance
- Describe application of personal stance in social work practice

Continuing Education Units 3.0

3.0 Social Work Clock Hours (# RSX059002) 3.0 Counselor Clock Hours (RCX109207)

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In Person
Only!

Registration Form

Deadline January 2

Creating Effective Life Work Balance: A Strategy for Social Work Excellence

Taking a Stance for Life Balance

***** please email registration form to training@coaaa.org*****

Name: _____

Agency: _____

Address: _____

Special accommodations needed due to disability:

Phone (_____) _____

Email: _____

COAAA is happy to offer workshops free of charge

Social Worker

Nurse

Other

(please email registration form to training@coaaa.org)

Questions? Call (614) 645-7250 or 1-800-589-7277. COAAA cannot accept registrations over the phone.



Central Ohio Area Agency on Aging

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Your Aging and Disability Resource Network