



COAAA Professional Education

January 16, 2026

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

Module 2 of 4



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

Developing a Focused Gaze for Life Balance—Employs the gymnastic approach of concentrated focus to effectively plan maneuvers and achieve precise landings. This methodology is similarly applied to cultivating a purposeful focus in life, fostering mental and emotional balance that enhances positive work practices.

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 focused gaze
- List concepts and benefits of developing focus
- Describe strategy for developing focus for mental and emotional stability
- Discuss impact of awareness and insight in developing focus
- Describe application of personal focus 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 9

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

Developing a Focused Gaze 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)



Central Ohio Area Agency on Aging

3776 S. High St., Columbus, OH 43207

614-645-7250 1-800-589-7277 www.coaaa.org coaaa@coaaa.org

Your Aging and Disability Resource Network