

Presentation Title::

Together we can Move Mountains; tending and befriending as women

Primary Track:

General Wellness

Population Addressed:

Women

Objective 1::

List three ways to enhance oxytocin levels

Objective 2::

Describe the importance of togetherness for women especially in the face of stress.

Objective 3::

Identify the importance of breast feeding and bonding for both mother and child.

Instructional Level:

Introductory

Primary Teaching Method:

Lecture with audio/visual (e.g., slide presentation)1

Additional Teaching Method:

Group Discussion or Roundtable2

Total Score:

22.00

Relevance and Value:

4

Learning Objectives:

3

Teaching Methods:

3

Evidence-based/Best Practices:

2

References:

3

Practical Application:

3

Practical Tools:

4

Please select (1) main track YOU think this session best fits.:

General Wellness

Select one (1) additional sub-track YOU think this session best fits into. If you do not feel it fits into multiple tracks, please select "none.":

Wellness for Special Populations2

Would you recommend this program?:

Poster

Please share any additional comments about this proposal:

The author is addressing several areas of wellness in the presentation. I believe that if the author selects a main concern, it will be more appropriate given the short duration at the conference. For example: If the author focused on oxytocin and how it affects personal relationships OR if the author focused on relationship building among women OR if the author focused on mother/child bonding. As opposed to attempting to integrate all of these objectives into a short workshop. The author needs to focus on one specific area to build a presentation that's easy to follow and linear.