



In partnership with



The 2014 Spring  
Early Childhood Conference

## **Presents**

On Saturday March 15, 2014

Sign in starts @ 8:30 am  
9:00 am to 4:00 pm

Held at the Living Word Lutheran Preschool  
2820 Peyton, Montrose, CO 81401



**Care for yourself to care for others**  
**Jill Burchmore, CPC**

# Care for yourself to care for others

## Jill Burchmore, CPC

### Black Canyon Childcare Association Annual Conference Agenda

Saturday, March 15, 2014

- 8:30am Sign in & Networking with peers
- 9:00am Welcome and Introduction
- 9:30am The Passion Test, Inspiration/Motivation
- 11:00am Goal Setting
- 12:00pm Lunch – Networking with peers
- 1:00pm Nutrition – Round Tables – Meal Plans & Recipes
- 2:00pm Outdoor Walk – Weather permitting
- 2:30pm Nutrition Round Table reports
- 3:30pm Wrap up, final questions
- 4:00pm Adjourn

PO Box 744, Telluride, CO 81435; 970.708.5037; Jill@180HealthWellness.com;  
www.180HealthWellness.com



#### About Jill Burchmore:

Jill Burchmore is the owner of **180 Wellness**, a company devoted to help people develop healthy habits in order to excel, prosper and succeed in all areas of life. Jill is from Aspen and has lived in Telluride with her husband and two sons since 1997. Prior to opening **180 Wellness**, Jill served as Executive Director for the Telluride Association of REALTORS, as well as Program Manager, Board Member and Bookkeeper for other various non-profit organizations.



Jill has over 25 years experience working with people, sharing her story, building confidence and unlocking people's fitness potential to make positive changes. She specializes in teaching safe running techniques, setting up training schedules, helping people overcome roadblocks and fitting a healthy lifestyle into busy lives.

Jill enjoys running, cycling, swimming, hiking, yoga, reading, and spending time with her family. She is the published author of Groovin' in the Canyon, an inspirational story about facing fear, living in the present moment and never passing up opportunity.

#### Jill's Credentials include:

**Chi Running Instructor** – *Chi Living, Inc.*

**Running Coach** - *Road Runner's Club of America & Lydiard Method*

**Professional Wellness Coach** – *Fowler Wainwright International Institute for Professional Coaches*

**Personal Trainer** – *Aerobics and Fitness Association of America*

**Passion Test Facilitator** – *Janet and Chris Attwood, co-author of New York Times' Bestseller, The Passion Test*

#### Care for yourself to care for others

Have you ever noticed how some people seem to be successful, happy, relaxed and living their life purpose; yet others seem to be stuck in a rut, going through life unhappy, unfulfilled, busy, in a tailspin and not sure where to go next? Are you focused on your priorities? Do you manage your time well? Do you try to do too many things at once? Wellness coach, Jill Burchmore will lead various trainings such as how to align your life with what is most important to you, goal setting strategies, nutrition, business practices and more. Life does not need to feel chaotic. As a Certified Chi Running Instructor, Jill teaches people how to conserve energy and move forward while running. Whether you're running or not, proper posture, alignment and conservation of energy are crucial for a balanced life. Jill's presentation will help you take care of yourself and therefore, take you to the next level and better care for others.

*"Being alive is a gift...living life happy is a choice."*

*"Pain is inevitable, suffering is optional"*

*"Motivation gets you started, Habit keeps you going"*

*"Consistency is Key"*

