

Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



Hey Karim,

Hey PPDNation, and welcome to this edition of Freedom Friday! Have you ever felt stuck in cognitive overload? It's easy to get stuck in a state of inertia where you feel like your brain has lost the ability to think. PPD's Freedom Fridays aim to give you a quick shake, a reminder to put your mental health first! Sometimes mental health isn't just simply going for a walk or taking a day off; it's facing your inner battles head-on. Always remember that it's you who owns the pen to your own story. Join me in starting the month of July with intentional Self-Care.♥ [@Physiokarim](#)

Karim S. Meghji
PPD Chairperson

Got Questions DM me on Instagram
[@physiokarim](#)
[@cpaprivatepractice](#)
[or email me directly here](#)



The perfection detox | Petra Kolber |

Petra's "The Perfection Detox" talks about eliminating the need to please people. This talk is about working through the need to be perfect and is explained with humor, empathy, her own story and what she did to be able to drop the weight of trying to be perfect off her shoulders.

[Read More](#)

MASTER YOUR EMOTIONS

HUBERMAN LAB



The Science of Emotions & Relationships | Huberman Lab Podcast

In this episode, Andrew Huberman discusses the biology of emotions and moods in the context of relationships. His talk focuses on the science of how early infant-caregiver attachment, combined with adolescence and puberty shapes our adult patterns of attachment.

[Read More](#)



Scott Allender on The Enneagram and Emotional Intelligence

Do you find yourself struggling to understand yourself? In this chat, Scott- global leadership and organizational development expert- enlists the use of one of his favorite tools for helping people establish their personality type and more importantly their unhealthy traits: "The Enneagram".

[Read More](#)



How To Say No At Work Without Making Enemies - LifeHack

Leon Ho writes about his experience as a fledgling graduate fresh in the labor pool and the overwhelming tsunami of tasks he faced at work. He was stricken with the fear of saying no. Does this sound like you? Do you find yourself nodding in agreement regardless of the "NO" your mind is screaming?

[Read More](#)



Is Burnout Prevention Integrated in Your Practice to Better Manage Stress?

Join Jennifer George as she reflects on the importance of integrating burnout prevention practices inside and outside your workplace. Understand the power of an empowerment approach in preventing burnout in the workplace.

[Read More](#)



Chieh Huang: Confessions of a recovering micromanager

Think about the most tired you've ever been at work. It probably wasn't when you stayed late or came home from a road trip -- chances are it was when you had someone looking over your shoulder, watching your each and every move. "If we know that micromanagement isn't really effective, why do we do it?"

[Read More](#)



How Your Thinking Affects Your Brain Chemistry

Your thinking directly impacts your mental and physical well-being via your brain chemistry. If you'd like to take charge of this process naturally and optimize your brain's ability to function in a healthy way, there are a number of strategies you can try...

[Read More](#)



Six behaviors to increase your confidence

Research tells us that the way to get people to change is not to start with trying to change their attitudes alone, but to start with the behaviors associated with the attitudes. When people see themselves behaving differently, they can then think of themselves differently and the attitude change will follow.

[Read More](#)



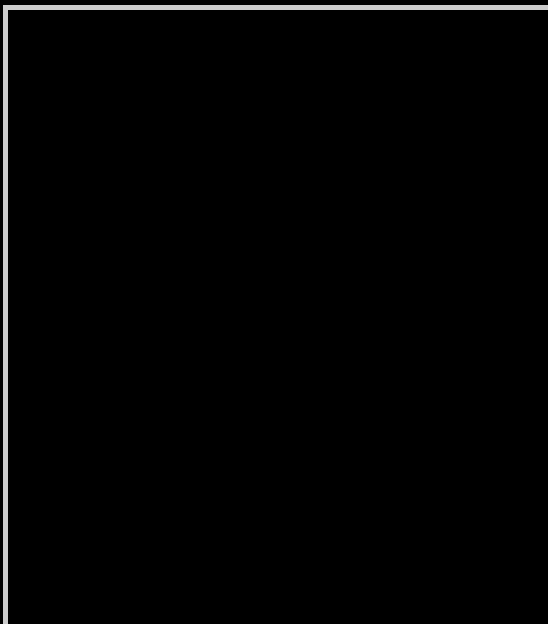
Five Steps For Doing A Self-Care Audit

When was the last time you considered how well your self-care practices were serving you?

[Read More](#)

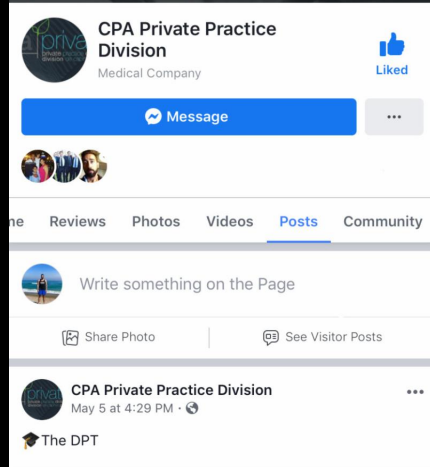
JOIN THE CONVERSATION...

Follow us on Instagram & Facebook for teaser posts, contests and more exclusive content from the private practice division!



Private Practice Division

Business Solutions for ALL Physiotherapists and Clinic Owners

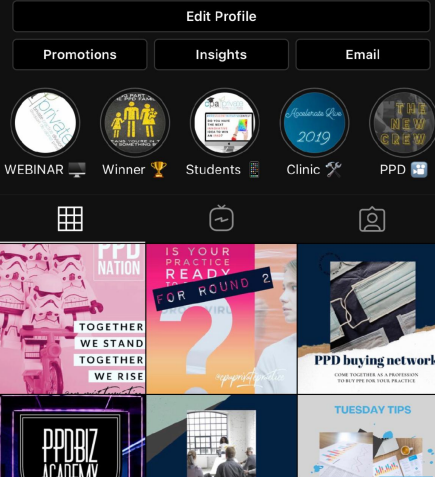


WEEKLY UPDATES ON OUR FACEBOOK PAGE: [\[Link\]](#)



140 Posts, 1,965 Followers, 207 Following

CPA Private Practice Division
Business Solutions for Physical Therapists of all levels who want to CRUSH their goals 🙌🙌🙌
linktr.ee/cpaprivatepractice



WEEKLY UPDATES ON OUR INSTAGRAM PAGE: [LINK](#)

If you have any questions for the private practice division, send us an email at:

privatepractice@physiotherapy.ca



CPA Private Practice Division | PO Box 620, Station B, Ottawa, K1P 5P7 Canada

[Unsubscribe privatepracticelisting@gmail.com](mailto:privatepracticelisting@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by privatepracticelisting@gmail.com powered by



Try email marketing for free today!