



OCTOBER 20 - 26, 2019

Join fellow social workers for a six-night
Wellness Retreat in the Caribbean!



You've earned it! The chance to spend an entire work week relaxing, taking care of **YOU**, and earning social work CEUs while cruising in the beautiful Caribbean. Meet the aptly named *Adventure of the Seas*, a ship packed with all the action you can imagine. Onboard, you'll enjoy amazing food, Broadway-inspired entertainment, and a tranquil adults-only Solarium retreat. Choose from 100+ spa treatments or achieve perfect Zen at the state-of-the-art Fitness Center with classes like yoga and tai chi. When it's time to get active, enjoy rock climbing, basketball, mini-golf, and ice skating too! If you simply must stay in touch with work while you're away, you'll have access to VOOM, the fastest internet at sea. Leave your stress behind when the evenings come alive on the Royal Promenade with parades, dancing, and duty-free shopping deals. And bring along some friends – with spacious public areas, enhanced staterooms, and a spectacular three-story dining room, this ship has room for your whole crew!



What's the PLAN?

Day	Itinerary	Arrive	Depart
10/20	Fort Lauderdale, FL		5:30 PM
10/21	Cruising		
10/22	George Town, Grand Cayman Islands	7:00 AM	3:30 PM
10/23	Costa Maya, Mexico	11:00 AM	7:00 PM
10/24	Cozumel, Mexico	7:00 PM	5:00 PM
10/25	Cruising		
10/26	Fort Lauderdale, FL	5:30 AM	

What's the COST?

Cabin Type	Per Person Double Occupancy	Per Person Single Occupancy
Inside	\$759	\$1,089
Oceanview	\$819	\$1,209
Balcony	\$1,139	\$1,849

Cruise prices are per person, based on double occupancy and include port charges, taxes and gratuities:
AIRFARE IS NOT INCLUDED IN THE CRUISE PRICE.

What's INCLUDED?

Shipboard accommodations, ocean transportation, entertainment and daily activities, on-board meals and some beverages. In addition, **our special group package** includes crew gratuities and fun events onboard. Extras such as shore excursions, internet access and alcoholic beverages are on your own.

CEU's

If you wish to attend the workshops add the appropriate cost:

NASW Member \$200
Non-Member \$280

All attendees will earn up to 10 social work CEU's





TOPICS & SPEAKERS



Timber Hawkeye is the bestselling author of *Buddhist Boot Camp* and *Faithfully Religionless*. He offers a secular approach to being at peace with the world (both within and around us), with the intention to awaken, enlighten, enrich and inspire. His message invites the best version of

you to resurface, inevitably leading to the true meaning of success (being happy), and better health (mental, physical, emotional, and spiritual). In an ongoing effort to eradicate society's ever-growing sense of entitlement, which he considers nothing short of an epidemic, and replace it with a sense of appreciation for each breath we are given, Timber shares mindfulness-enhancing techniques to which anyone can relate and implement in their daily lives.



Erlene Grise-Owens, Ed.D., LCSW, MSW, MRE is a Partner in The Wellness Group, ETC. This LLC provides evaluation, training, and consultation for organizational wellness and practitioner well-being. Dr. Grise-Owens presents and publishes extensively on the topics of self-care and organizational wellness. She is lead editor of

The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals. She hosts a regular blog on self-care, in association with The New Social Worker. As a former faculty member and graduate program director, she and a small (but mighty!) group of colleagues implemented an initiative to promote self-care as part of social work education curriculum. Previously, she served in clinical and administrative roles. She has experience with navigating toxicity and dysfunction, up-close and personal! Likewise, as an educator, she saw students enter the field and quickly burn out. As a dedicated social worker, she believes the well-being of practitioners is a matter of social justice and human rights. Thus, she is on a mission to promote self-care and wellness!



Becky Schwartz Corbett, MSW, ACSW, is a national speaker, trainer, and executive coach in intentional growth, leadership & career development, Productivity®, and The Bridge to Hope & Healing®. She has 27 years of non-profit executive management experience with mission-driven organizations, membership & trade associations, and colleges & universities. Becky was

born and raised in New Orleans and received her MSW degree with a concentration in planning and management and a BS degree in human development and family studies from The University of Alabama (UA). She is President & CEO of BSCorbett Consulting, a John Maxwell Team Certified Coach, Speaker, and Teacher; a member of the Academy of Certified Social Workers; Career Services Consultant for the UA School of Social Work; and served as Chief Operating Officer of NASW from 2008 to 2013. Becky is fiercely dedicated to inspiring people to lead and helping individuals and organizations move ideas to action.



Gabe (GabeYoga) Azoulay has been teaching and creating life changing experiences for over 20 years. With an advanced degree from the Institute for Integrative Nutrition, over 20 years of Yoga practice and teaching, which includes 12 years as a student of master Thai Yoga Massage Pichest

Boonthume, your body will move better by the end of the week, your soul will have been filled with joy and laughter, and your mind calmed with simple, yet incredibly practical and insightful so you can immediately apply them to your life. Equipped with the ground breaking Wellness and Nutrition principles from the Institute for Integrative nutrition, Gabe's ability to make the complex understandable, ask the right questions, and provide poignant solutions for individual needs is unparalleled.

A refundable deposit of \$50 per person will secure your spot.

Flexible monthly payment plans available!

Contact your cruise coordinator to reserve your spot:
Gina Bryant (407) 493-3160 gina@connect-thru-travel.com

FREQUENTLY ASKED QUESTIONS

HOW DO I RESERVE MY SPOT? Fill out the cruise registration form completely, email it to our cruise travel coordinator, Gina Bryant gina@connect-thru-travel.com. You may email the form, but in order to protect your credit card information, please do not email or text any payment information. Gina will take your payment details by phone. A (refundable) credit card deposit of \$50 per person is required at time of registration. Space is limited and early booking is encouraged to secure your first choice of stateroom type.

WHAT ARE MY PAYMENT OPTIONS? All major credit and debit cards for payment. After your deposit, you are encouraged to arrange a no-cost flexible monthly payment schedule. Final payment is due **July 8, 2019.** Cancellation penalties will apply after that time, and will increase as the sailing date draws near.

DO I NEED A PASSPORT? You don't need a passport in order to book your vacation; however, a valid passport issued by your country of citizenship will be required for travel. U.S. citizens may begin the application process by visiting <https://travel.state.gov/content/travel/en.html>

DO I NEED TRAVEL INSURANCE? Travel insurance is highly recommended to protect your vacation investment. We won't know the cost of insurance until the total cost of the trip is available, including optional airfare and pre-cruise hotel. We anticipate this approximately 7-9 months prior to travel. You are encouraged to purchase insurance at the time of final payment.

WHAT ARE MY OPTIONS FOR GETTING TO THE PORT OF FORT LAUDERDALE? We will be putting together a package to include round-trip airfare from ABQ, a one-night pre-cruise hotel, and ground transportation to and from the ship. Purchase of this package will be completely optional; you are welcome to make alternative plans.

WHAT IF I DON'T KNOW WHO IS GOING WITH ME? That's perfectly okay! As long as you deposit \$50 your stateroom reservation is confirmed. You can add the names of other guests at any time before July 8, 2019.

HOW MANY GUESTS CAN SAIL TOGETHER IN ONE ROOM? If you choose, you may invite your spouse, children, family and friends to enjoy this wellness retreat with you. Cruise ship staterooms are smaller than hotel rooms. In order to be comfortable with the amount of space, it is suggested that no more than three adults share one room. Third and fourth guests will be accommodated in upper berths and/or rollaway beds. *Triple and quad stateroom availability is limited and requires a deposit of \$100 per guest, so please book early.*

WHAT IF I HAVE SPECIAL DIETARY NEEDS? No worries, here's a taste of the menu for our cruise:
<https://youtube/o52vXL70k0>

WHAT KINDS OF ACTIVITIES ARE AVAILABLE? So glad you asked! Here's a glimpse of life on our Royal Caribbean cruise: <https://www.youtube.com/watch?v=nOKQnSqETDk>



Registration Form

Ship: *Adventure of the Seas*
Sailing from: Fort Lauderdale, Florida

PASSENGER INFORMATION: (names must match legal travel identification) *

Passenger #1: ☐ Female ☐ Male Shirt size: _____ Date of Birth: ____ / ____ / ____

Legal Name: _____ Email Address: _____

Home Phone Number: (____) _____ Cell: (____) _____

Mailing Address: _____ City, State: _____ Zip Code: _____

NASW-NM Member? ☐ Yes ☐ No Member Number: _____ Attending workshops for CEUs: ☐ Yes ☐ No

Royal Caribbean Crown & Anchor Number (if applicable): _____

PASSENGER INFORMATION: (names must match legal travel identification) *

Passenger #2: ☐ Female ☐ Male Shirt size: _____ Date of Birth: ____ / ____ / ____

Legal Name: _____ Email Address: _____

Home Phone Number: (____) _____ Cell: (____) _____

Mailing Address: _____ City, State: _____ Zip Code: _____

NASW-NM Member? ☐ Yes ☐ No Member Number: _____ Attending workshops for CEUs: ☐ Yes ☐ No

Royal Caribbean Crown & Anchor Number (if applicable): _____

CRUISE INFORMATION: (Check all appropriate options)

Bed configuration: ☐ Two twin beds ☐ One queen bed

Stateroom Type: ☐ Inside (\$759 per person) ☐ Oceanview (\$819 per person) ☐ Balcony (\$1,139 per person)

10 Social Work CEUs: ☐ NASW Member (\$200 pp) ☐ NASW Non-Member (\$280 p/p)

(attendance to workshops without paying the CEU price is not allowed)

Pre-cruise hotel in Fort Lauderdale: ☐ 1-night (price TBA) ☐ No hotel stay needed

Air Transportation:

(check one) ☐ Yes, I need air transportation to Fort Lauderdale from: _____ (price TBA)

☐ No, I'll make my own arrangements to get to Fort Lauderdale.

Special dietary or accessibility needs: _____

PAYMENT INFORMATION: Once your registration form has been submitted, we will call for your credit card information.



Your cruise coordinator: Gina Bryant, LMSW, ACC
Cell: (407) 493-3160
gina@connect-thru-travel.com

NASW • NEW MEXICO CHAPTER
National Association of Social Workers
505-247-2336
info@naswnm.org
4223 Montgomery Blvd NE
Albuquerque, NM 87109
www.naswnm.org