

# NEWLE Self-Care Webinar Series: Session 2 of 3

Feb. 17th  
10:30-  
noon CT

## BOUNDARIES PANELISTS

### Taisa Brumagen



My name is Taisa. I am from Lincoln Nebraska born and raised. I have been on my wellness and recovery journey since August 2016. I am the Lead Training Coordinator at Wellbeing Initiative. In my lifetime my experience with self-care and boundaries have been a never ending journey of self discovery and advocacy. Learning all I can about me and finding what works for me as it aligns with my wellness. Boundaries have been a fundamental part of my life personally and professionally and I am excited to share my experience and knowledge with you all in hopes that you can learn a little bit more about yourself and your own needs and wellness.

I love dogs and animals and enjoy spending my time at my kids sporting events while setting clear boundaries. When I need a break I take a rest break from the busy day to day responsibilities and enjoy quiet pajama days!

### Paulissa Kipp



Paulissa Kipp is an artist, author, Certified Peer Specialist, Disability Rights advocate, and Oracle of the Collective Fire.

I bring lived experience with being hard of hearing and living with mental health conditions. In my advocacy, I've advocated for assistive technology and closed captioning on my phone and that of my mother-in-law who is hard of hearing and living with dementia, testified to the legislature and Department of Justice regarding mental health services in Nebraska, engaged in advocating for elder justice and more. I recently finished 2 terms on the Disability Rights Nebraska Board of Directors and currently serve on Disability Rights Nebraska's Protection and Advocacy for Persons with Mental Illness Advisory Council. My art has been featured by SAMHSA for Recovery Month's Art of Recovery.

### Session 3: Mar 17th Self-Disclosure

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