

- **Your Selections:** Keyword: **ctcpa town hall**

CTCPA Town Hall Meeting – Why Your Team Is Tired But Wired: Sleep, Stress, and the Art of Shutting Down

Wednesday, Aug. 19 9:00am - 10:00am  Online 1.00 Credits

High-performing professionals are often exhausted and unable to switch off at the same time – a state that's less about willpower and more about physiology. In this Town Hall Meeting, Richard Boehmcke breaks down why CPAs struggle to rest during and after demanding seasons, what's actually happening in the body when you can't shut down, and how to build a practical, tiered system that works even on your worst weeks. Richard Boehmcke is a board-certified health and wellness coach (NBC-HWC) and NASM-certified personal trainer based in Connecticut. He spent 20 years in client-facing roles across media and tech startups before redirecting that experience toward helping professionals build sustainable systems for sleep, stress, and recovery. He has delivered wellness workshops to more than 1,000 participants and works with individuals and organizations through his practice, Turtle Patience. Participants will leave with: An understanding of the physiological reasons high-performing professionals can't shut off – and why willpower alone won't fix it. A framework for the transition from work to rest, including why the absence of work is not the same as recovery. A three-tier wind-down system they can implement immediately – adaptable to full nights, busy nights, and nights when everything has gone sideways. Specific, evidence-based strategies for sleep environment, consistency, and recovery after a poor night's sleep. Awareness of how chronic sleep deprivation affects cognitive performance, emotional regulation, and decision-making quality – with direct relevance to professional judgment. You must register to attend and receive CPE credit.

CTCPA Town Hall Meeting

Wednesday, Sep. 16 9:00am - 10:00am  Online 1.00 Credits

Join us for our monthly Town Hall Meetings – a must-attend event for anyone looking to stay ahead of the latest hot topics impacting the profession. This is your chance to hear directly from Executive Director & CEO Bonnie Stewart and engage with leading voices in the finance and accounting industry. Gain insights, ask questions, and connect with experts who are shaping the future of our field. Don't miss this opportunity to be informed and involved! You must register to attend and receive

CPE credit.

CTCPA Town Hall Meeting

Wednesday, Oct. 21 9:00am - 10:00am  Online 1.00 Credits

Join us for our monthly Town Hall Meetings – a must-attend event for anyone looking to stay ahead of the latest hot topics impacting the profession. This is your chance to hear directly from Executive Director & CEO Bonnie Stewart and engage with leading voices in the finance and accounting industry. Gain insights, ask questions, and connect with experts who are shaping the future of our field. Don't miss this opportunity to be informed and involved! You must register to attend and receive CPE credit.

CTCPA Town Hall Meeting

Wednesday, Nov. 18 9:00am - 10:00am  Online 1.00 Credits

Join us for our monthly Town Hall Meetings – a must-attend event for anyone looking to stay ahead of the latest hot topics impacting the profession. This is your chance to hear directly from Executive Director & CEO Bonnie Stewart and engage with leading voices in the finance and accounting industry. Gain insights, ask questions, and connect with experts who are shaping the future of our field. Don't miss this opportunity to be informed and involved! You must register to attend and receive CPE credit.

CTCPA Town Hall Meeting

Wednesday, Dec. 16 9:00am - 10:00am  Online 1.00 Credits

Join us for our monthly Town Hall Meetings – a must-attend event for anyone looking to stay ahead of the latest hot topics impacting the profession. This is your chance to hear directly from Executive Director & CEO Bonnie Stewart and engage with leading voices in the finance and accounting industry. Gain insights, ask questions, and connect with experts who are shaping the future of our field. Don't miss this opportunity to be informed and involved! You must register to attend and receive CPE credit.