

<b>Presenter:</b>	Robin Harden Daniels, Ed.D., FEA Consultant	
<b>Location:</b>	Online - Registrants will be emailed access information	
<b>Time:</b>	9:00 a.m. to 12:00 p.m.	
<b>Registration</b>	MUJC Members:	\$60.00
<b>Fees:</b>	Nonmembers with subscription:	\$60.00
	Nonmembers:	\$75.00

Every day, educational leaders focus on providing support and care for students and colleagues, often with little concern for themselves. Now, more than ever, is the time for these leaders to learn about the importance and value of practicing self-care. This online inservice centers around practical strategies and the process of behavioral change that is essential to making healthy choices. Participants will develop an understanding of personality type and strengths that can drive healthy decision-making. Learn to identify the common stressors and emotional and physical triggers in life. Once mindful of these triggers, participants are then empowered to utilize the strategies to institute self-care initiatives.

Participants will gain knowledge and skills in:

1. discerning how culture impacts perceptions of self-care,
2. initiating behavioral changes to support self-care,
3. assessing how we individually process stress and how persistent stress invites the up rise of our lesser selves,
4. permitting and implementing self-care.

This inservice is online from 9:00 a.m. to 12:00 p.m.