



## COS Stress & Anxiety Management Series for PA Principals 2021-2022

### “The Balancing Act: Managing Stress & Anxiety”

We all know that it is not just students who are suffering from the unparalleled stress occurring during this time of COVID-19. Some studies show that up to 40% of adults are also experiencing chronic stress and anxiety that interferes with their professional lives. Traditional methods of dealing with chronic stress, such as medications, are often inadequate or do not deal with underlying issues. Furthermore, the additional hardship the pandemic creates makes certain stress relievers, like vacations or visiting with friends and family, more difficult. What is needed is a brief but practical course in how to effectively handle the stress and anxiety administrators now face. In this three-part workshop, experts Bruce Pardoe, Jonathan Robinson, and Sam Song will discuss:

- How to identify anxiety and stress triggers early so they can be eliminated or attended to before they become big problems
- What the “stress response” is and how it operates so that it can be handled more effectively
- Many specific strategies for dealing with stress and anxiety in under two minutes, and some methods that take under 20 seconds to implement
- How to “tailor-make” a method to meet your specific needs and issues around the increased stress and difficulties in today’s world
- Practical ways to make sure your new ways and ideas for dealing with stress are implemented on a daily basis
- The problem of perfectionism and how to overcome the unnecessary stress that this mindset creates in a time of chaos and COVID
- How to use friends and co-workers to better handle stress and create a support network that helps everyone to be both less stressed and more productive

This workshop will be offered in three 30-minute blocks to ensure participants have time to practice the many ideas and methods presented. In addition, special attention will be placed on implementing the simple techniques presented through ongoing accountability. Participants will gain new skills that can serve them for a lifetime. The result will be administrators who are much better at not only handling their own stress, but who can serve as role models and teachers of effective self-care techniques to their students and staff. When people learn how to easily and quickly overcome stress and anxiety, they become happier, more productive, and better at finding solutions to whatever problems arise in a school environment.

### Session 1: Monday, November 8, 2021 at 4:00-4:30pm EST

#### Bruce Pardoe – “Stopping Stress and Anxiety in the Moment”

Registration Link: <https://attendeegotowebinar.com/register/2677069339130823947>

You're fielding calls about Covid from frantic parents. Navigating a hybrid learning model is unprecedented and causing teachers and students mental health issues at unheard of rates. It's even a nightmare to find bus drivers and food service employees. You need tools to manage your stress that you can use right in the middle of a fraught meeting or when driving home. The good news is that these tools not only exist, they are easy and fun. In our session we will:

- Learn to clearly feel the markers of stress. Only when you know what is happening can you do what you want.
- Train your attention with 4 easy practices to include aspects of your momentary experience that stop stress in its tracks.
- Feel directly how your nervous system is readjusting. Immediate feedback fosters long term habit shifts.
- Move from a focus on "problems" to "celebrations" of what relaxes and feeds your well-being.



## Session 2: Monday, January 31, 2022 at 4:00-4:30pm EST

### Jonathan Robinson: “Quick Ways to Handle Stress”

Registration Link: <https://attendee.gotowebinar.com/register/9039376880582311435>

Since stress is constant, people need to learn quick and highly effective ways to handle it as soon as it appears. In this fun and experiential workshop, you'll learn:

- What stress is and how to root it out at its source
- The need to find stress reduction methods that work in under two minutes
- How to relax your body and mind in under a minute
- How to stay motivated long term to use what helps you handle stress
- What methods for handling stress are truly the best for you

At the end of this workshop, you'll have at least three great methods for handling stress and anxiety that you can use for the rest of your life.

## Session 3: Monday, March 21, 2022 at 4:00-4:30pm EST

### Sam Song: “Stress Management and Intervention Program Implementation”

Registration Link: <https://attendee.gotowebinar.com/register/1832620219743129355>

Stress can affect leaders in unique ways. Leaders in school systems are no exception, often facing multiple stressors that other leaders don't. Building on the previous two sessions of anti-stress strategies, this session will focus on stress for school leaders and additional strategies to handle them. The latter half of this session will discuss empirically-supported strategies for district-wide implementation of a new intervention program. In this fun and experiential workshop, you'll learn:

- The uniqueness of school leadership and stress
- How to handle stress as school leaders (building off parts 1 and 2)
- How to roll out a new intervention program in their district

## Expert Presenters:

### **Bruce Pardoe – Founder of Heart Fluency and Meditation Teacher in the Vipassana tradition of Buddhism**

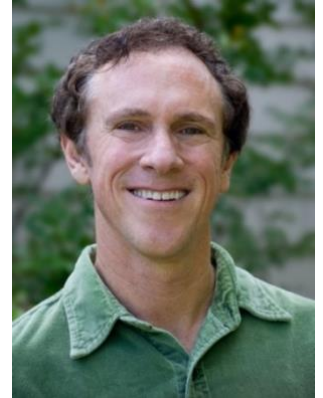


Out of his own healing journey with complex trauma, Bruce Pardoe developed the radically gentle Heart Fluency method and trainings that have helped hundreds of conscious individuals fully heal and transform trauma, emotional wounds and anxiety into happiness and well-being. With over 40 years of healing experience, Bruce combines ancient wisdom traditions with modern neuroscience and somatic practices to reveal our unconditional resilience and joy. Bruce is a long-term meditation teacher who has spent over 2 years on silent retreat and has studied extensively in Asia. He also has an extensive background in neuroscience and related modalities having trained in Polyvagal Theory, Feldenkrais Awareness Through Movement and Hakomi's body-centered psychotherapy.



## **Jonathan Robinson – Psychotherapist, Author of 14 Books, and Highly Sought-After Speaker**

Jonathan Robinson is a psychotherapist, best-selling author of fourteen books, and a professional speaker from Northern California. His work has appeared in Newsweek, USA TODAY, and the Los Angeles Times, as well as dozens of other publications. In addition, Mr. Robinson has made numerous appearances on the Oprah show and CNN, as well as other national TV talk shows. Mr. Robinson's first book, "The Experience of God," included interviews with such notable people as the late Mother Teresa, the Dalai Lama, Deepak Chopra, and Dr. Wayne Dyer. Jonathan's second book, "The Little Book of Big Questions," became a New York Times bestseller, as did his book "Communication Miracles for Couples." Jonathan speaks regularly to Fortune 500 companies such as Google, Microsoft, Dell, Bank of America, Coca-Cola, and FedEx/Kinko's. In his public talks and workshops, Jonathan is known for providing his audiences with powerful and immediately useful information in a fun and entertaining manner.



## **Samuel Song PhD, NCPS – Director of School Psychology Programs at University of Nevada, Las Vegas**



Dr. Samuel Song (he/they) is an Associate Professor and Director of School Psychology programs in the Counselor Education, School Psychology, and Human Services Department at the University of Nevada, Las Vegas. Dr. Song's scholarship and research examine realistic school mental health promotion programs with a particular focus on minoritized communities. He is the current President of Division 16 (School Psychology) of the American Psychological Association and was the 2019 recipient of Division 16's Jean Baker Mid-Career Award for Service/Practice. Dr. Song has consulted with schools on school safety, crisis, bullying, and restorative justice strategies in several states for nearly two decades. He is a sought-after presenter who has offered training across the country and internationally (Asia and New Zealand).