

“The Balancing Act: Managing Stress and Anxiety”

Session Descriptions and Registration Links:

- 1/10 – 4:30pm EST – Bruce Pardoe
 - Registration: <https://attendee.gotowebinar.com/register/381939972568056846>
 - “Stopping Stress & Anxiety in the Moment”
 - Gain tools to manage stress. Be ready for a fraught faculty meeting or an anxious parent.
 - Topics Addressed:
 - Strategies to support staff well-being and create a less stressful environment.
 - Improve the skills of conversation and relationship-building.
- 2/15 – 4:30pm EST – Sam Song
 - Registration: <https://attendee.gotowebinar.com/register/1832620219743129355>
 - “Stress Management & Intervention Program Implementation”
 - Understand key stressors for school leaders and effective strategies to address them.
 - Topics Addressed:
 - Quell teacher apathy and anxieties during stressful times.
 - Effectively anticipate problems related to COVID, such as teacher absenteeism and ever-changing mandates.
 - Foster a healthy and balanced school environment, including sports and extracurricular activities.
- 3/14 – 4:30pm EST – Jonathan Robinson
 - Registration: <https://attendee.gotowebinar.com/register/9039376880582311435>
 - “Quick Ways to Handle Stress”
 - Master life-long methods to reduce stress in under two minutes.
 - Topics Addressed:
 - Time and task management strategies and routines to best balance professional and personal responsibilities.
 - How to reenergize and bring joy to your faculty and staff.
 - Top ways to support your staff’s mental health needs during this unique school year.

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.

Samuel Song, Ph.D., 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).

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.

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