

Stress & Anxiety Management Series for PA Principals



CAMPUS OUTREACH

The leader in safety & wellness for 5,000+ schools



The PA Principals Association and Campus Outreach Services have partnered to bring you three individual sessions led by expert presenters on how to effectively handle and manage stress and anxiety in your daily lives.

“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. What is needed is a brief, but practical, course in how to effectively handle the stress and anxiety administrators now face. This workshop will be offered in three, 30-minute blocks to ensure participants have time to practice the many ideas and methods presented.

Session 1: Monday, January 10, 2022 at 4:30 p.m. EST

Presenter: Bruce Pardoe - “Stopping Stress & Anxiety in the Moment”

Gain tools to manage stress. Be ready for a fraught faculty meeting or an anxious parent.

- Strategies to support staff well-being and create a less stressful environment.
- Improve the skills of conversation and relationship-building.

Registration: <https://attendee.gotowebinar.com/register/381939972568056846>

Session 2: Tuesday, February 15, 2022 at 4:30 p.m. EST

Presenter: Sam Song - “Stress Management & Intervention Program Implementation”

Understand key stressors for school leaders and effective strategies to address them.

- Quell teacher apathy and anxieties during stressful times.
- Effectively anticipate problems related to COVID, such as teacher absenteeism and ever-changing mandates.

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

Session 3: Monday, March 14, 2022 at 4:30 p.m. EST

Presenter: Jonathan Robinson - “Quick Ways to Handle Stress”

Master life-long methods to reduce stress in under two minutes.

- 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.

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

For session descriptions and presenter information, visit: <https://www.papprincipals.org/wp-content/uploads/2021/12/Expert-Presenters-stress-anxiety-workshops.pdf>

Please Note: No recording or photography is permitted in any of the sessions.

Free Resources and Programs from our friends at Campus Outreach Services.

Complimentary access to Wellness-Connect Series.

- Monthly 23-minute web sessions with national authors and experts
- Topics include stress, social media, bullying, substance use, sexual harassment and diversity
- Perfect for Professional Development, Student Leaders and Parents

Free for the first 250 schools to register. Email amy.tilton@campusoutreachservices.com

Complimentary access to the COS Insider Brief.

Sample Contents:

- Risk Management Templates
- Complimentary Professional Development Session
- Healthy Relationship, Sexual Misconduct and Title IX Resources
- Health Education Materials
- Wellness Curricula and Facilitation Guides
- Complimentary Peer Leadership Training Sessions

Free for the first 250 to register. Sign up with your preferred email address [here](#).