



You Are Invited!

Self-Care: Strategies to Take Care of Yourself So You Can Care for Others

Trainer: Ron Mohl

Date: Friday, February 5, 2021

Time: 9:00am-10:00am MT

Registration: Please register at azheadstart.org Fee is \$25 per person

Link will be sent to you once you have registered

Educators have a lot on their hands right now. You're responsible for supporting the academic, social, emotional, and mental wellbeing of students through a period of historic uncertainty. It is a busy, chaotic time and it can easily feel like you have no time for yourself. Operating at a high level of unmitigated stress will, over time, lead to burnout. In this webinar, we discuss why self-care is critical right now and share realistic strategies, tips and tricks on finding what works for you.

Can't wait to see you there!