

# MIIA Professional Development Training



**Date:**

September 1, 2020

**Time:**

10:00-11:00 am

**Presenter:**

Steven Bernstein, LMHC, CEAP

**To Register, click on below link:**

<https://attendee.gotowebinar.com/register/6070131426829468432>

## Enhancing Resilience for Educators Returning to Work

With the current pandemic, our upcoming return to school has never been more complicated. Educators are having to reimagine schooling as they tackle questions of health and safety, remote learning, and parental dynamics, all while still teaching. This session will explore strategies for managing stress in the new educational environment, understanding how stress works and enhancing resilience in the context of extraordinary change.



Presented by your Employee Assistance Program AllOne Health **1.800.451.1834**