

MIIA EAP Professional Development Training



Date:
Thursday, February 9, 2023

Time:
10:00-11:00am

Presenter:
Will Brown, LICSW, M. Ed, CEAP

To Register, click on below link:
<https://attendee.gotowebinar.com/register/1922182048449081948>

Quit Taking it Personally, The Art of Healthy Detachment

Healthy Detachment is the ability to stay calm, in control, and professional—even in a crisis moment. It means not taking things personally—even button-pushing comments that attack your appearance, race, gender, or competence. This training offers specific techniques that can be used every day to detach without disengaging when facing challenges.

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