

MIIA Professional Development Training



Date:

November 2, 2020

Time:

10:00-11:00 am

Presenter:

Steven Bernstein, LMHC

To Register, click on below link:

<https://attendee.gotowebinar.com/register/1844438862622256912>

Managing Stress in a Chaotic World: Before it Manages You

Working in municipal government can be challenging. Rewarding, but also challenging. And, the life of an employee is even more stressful today, with the nation and world in such chaos. What to do? The MIIA Employee Assistance Program, is offering a virtual Mindfulness-Based Stress-Busting session to...take a breath; understand how stress works and develop tools to help manage it; find and leverage pockets of joy and humor, and remember the essential values that bind and connect us as citizens.



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