



Work / Life Balance in Time of COVID



PLEASE JOIN US FOR A WEBINAR

Wednesday, February 10, 2021
1:00 p.m.- 2:00 p.m.

You are invited to a Zoom meeting.

[Register](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

**We request that all attendees be on camera for this presentation
You must be in attendance the entire time to receive Rewards credit for this training.**

Initially, we were *working from home*, but now we're *living at work*. Research shows we've been working 1-3 more hours per day since March 2020. We're working when we would have historically been commuting, working through lunch, attending video meetings after 5 PM, and emailing late into the evening. This seminar examines strategies for creating boundaries between our work and personal lives, specifically exploring habits that allow us to transition into an exit out of our work.

Presenter: Cally Ritter- A Licensed Independent Clinical Social Worker, Cally has a bachelor's degree from Bucknell University and a Master of Social Work from the University of Pittsburgh, is MCAD-certified, and is a certified Motivation Factor practitioner.

This webinar qualifies the MIIA member for .25% credit under the FY21 MIIA Rewards Program under Public Officials Liability, School Board Liability or Law Enforcement Liability categories.

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