

ADVENTURES IN EDUCATION

LAUNCHPAD TO YOUR "NEXT"



2 Online (via Zoom) sessions:

Wed. June 3 (9 am-1: 30 pm), or Wed. July 29 (9 am-1: 30 pm).

Click live link choice to sign up

During the sessions, you will learn research-based tactics to reduce the workplace stress that is unique to education professionals (teachers, administrators, and staff)

For more information, please contact Dr. Jennifer Groman (jgroman@ashland.edu) or Kaelin E. Lee (klee11@ashland.edu)

As part of this PD opportunity, facilitators will be gathering research to further understanding of workplace stress and mindfulness. IHSRB APPROVAL CODE: 9-27-19-#103. Participation is not required, opt out at any time.