

CHARLES COUNTY PUBLIC SCHOOLS SUPPORT STAFF PROFESSIONAL LEARNING WEBINARS

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Sign up today for one or all the upcoming Support Staff Professional Learning webinars.

EFFECTIVE COMMUNICATION—Healthy Habits for Well Being **March 9, 2023--1:00-2:00 PM**

Description: In this webinar, participants will practice effective communication skills and understand its corresponding benefits to help lower stress levels, enhance trust and productivity, improve relationships as well as increase creativity and engagement.
(Eligible for 1 CAP Point)

Instructor: Peter Metzner

FINDING YOUR WHY **March 28, 2023--2:30-3:30 PM**

Description: In this webinar participants will learn how to set smart goals, determine their wellness “why,” and chat with a health coach on how to make wellness a daily priority.

Instructor: Stephanie Murdock

RESILIENCY **May 5, 2023--1:00-2:00 PM**

Description: In this webinar, participants will learn how to build resiliency in the workplace.

(Eligible for 1 CAP Point)

Instructor: TBA

GUIDE TO A HEALTHIER YOU **May 18, 2023--1:30-2:30 PM**

Description: This webinar focuses on helping participants adopt a healthier lifestyle by setting realistic and achievable goals. Participants will explore values and the roles they play in your life and overcoming a plateau.

Instructor: TBA



Charles County Public Schools