



“Maintaining a Healthy Mindset in Times of Stress” Webinar

Presented by Michael B. Roberson

Michael B. Roberson, LPC, NCC, is a Behavioral Health Training and Development Specialist with Blue Cross Blue Shield of Kansas City. With more than 20 years of public speaking experience and over five years in private practice, he delivers engaging, evidence-based training on mental health, resilience, emotional intelligence, and workplace well-being.

FREE

What You'll Learn:

- ④ Practical ways to maintain a healthy mindset
- ④ Manage stress
- ④ Build resilience
- ④ Help you stay focused, balanced, and well during challenging times

Date:

09.23.2026

Time:

4-4:50 PM

Format:

Webex



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Questions? | ✉ kristasnyder9@smsd.org