

## 2020 - 2021 Webinars



***The mission of NAEOP is to provide professional growth through leadership, education, achievement, recognition, and networking opportunities for educational office professionals.***

**The 4 R's - Recognize, Reframe, Reflect, Reach-Out: Finding Balance in Unbalanced and Uncertain Times - September 10, 2020 - April Estill** - Faculty and staff have made extraordinary adjustments during the COVID-19 crisis to continue helping NAEOP members SOAR towards academic excellence and degree completion. COVID-19 is a marathon, not a sprint! Do you have practices in place to complete the marathon? Now is a time for you to evaluate your self-care and remember the most important resource students have is YOU!! Join April for a webinar addressing the importance of balance and intentional self-care during this time of uncertainty.

**Assessing and Increasing Your Personal Resilience: Increasing Your Ability to Cope in Uncertain Times – October 8, 2020 - Jennifer Lewis** - Objectives: Define resiliency and its importance, identify what characteristics enable resilience, assess your Resilience Quotient (RQ), understand how to increase one's own personal resiliency, and identify the ways of supporting resiliency development in others.

**Oh! What a Site – November 12, 2020 - Beth Heyden** - Create an easy, yet functional Google Site for your organization, club, department, office, or for your own personal needs. With easy to maneuver capabilities, you will be able to have your own site up and running in no time. Google Sites links with your Google Drive so you can add in what you need when you need it. We will walk through the set up and how it all works so you feel comfortable enough exploring and publishing a site on your own.

**In Pursuit Of – January 14, 2021 – Gervonder Brown** -“Many of life's failures are people who did not realize how close they were to success when they gave up.” - Thomas Edison. Merriam-Webster defines in pursuit of as the means to, in order to, achieve (something); it is the act of trying to achieve a plan, activity, or situation, usually over a long period of time. What motivates you? Goal setting is essential to living a life with purpose and meaning. Goals give our lives direction and focus and help us stay motivated over the long term. Successful people are relentless goal setters. This interactive workshop will allow participants to tap into their purpose, develop an action plan and take action in pursuit of their goals and dreams.

**Linking Mental Health, Substance Abuse and Suicides in Teens - February 18, 2021 – Beth Heyden** - Studies have shown that mental illness, substance abuse, and suicide can be linked. In today's world with cell phones and digital connections on campus students are connected like never before. They have access to not only resources at their fingertips but also substances that can cause harm. While we may not be their parents, working in education, we take on the role of school parents, and tend to watch over them, whether they realize it or not. I wanted to bring you a small glimpse into how mental illness, substance abuse, and suicide can be connected and what we as educators can look out for to possibly help even just one student.

**Picture This! - March 11, 2021 – Nichole Porter and Casey Ellisor** - Pictures can convey an idea more quickly and effectively than the written word. Someone who simply views an image can capture the essence of the meaning of that image without a lot of explaining. Tap into your creative side with us in this session to learn some strategies and websites you can use to create an image to support messages in your community.