

30TH ANNUAL EPC EDUCATIONAL VENDOR FAIR

WEDNESDAY, JULY 31, 2019
AT WRIGHT STATE UNIVERSITY'S
NUTTER CENTER



Strategies for Improving Mental Well-being at Work

Berry Room 2 // 11:15 – 12:15

Educators are overwhelmed by rapidly changing demands in job performance and evaluation metrics. Despite these changes, the core mission of an educator remains constant: to prepare students with the tools to navigate and flourish among the uncertainty and rigors of the adult world. What is often overlooked in this mission is the heavy psychological burden that teachers face daily. Sean Godar, Director of Right Direction, will discuss strategies to help you manage stress by creating a workplace culture of mental well-being and support that fuels productivity and maximizes student impact.

RSVP at www.epcschools.org/VendorFair



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