

S A A N Y S

CONNECT

#14 THURSDAY, OCTOBER 29, 2020 | 4 PM

TOPIC

Stress and Anxiety Part One: Reducing Your Own So You Can Stay Healthy and Support Others

Being a school leader has never been more overwhelming, and the related stress and anxiety can impact your motivation, engagement, and physical and mental health in ways that affect both your personal and professional life. Join us for part one of a two-part series as we delve into the challenges you are facing in this unpredictable and demanding school year. Coping skills, strategies to manage email overload, and ways to build trust and communicate with honesty will all be explored, as will the cost of administrator burnout and practical steps you need to cope and find balance during this difficult time.

Featuring:

Larry Dake, Assistant Superintendent for Instruction and Budget, Binghamton City School District and author of upcoming book: *Crisis Management: Leadership Steps to Avoid Early Burnout*

Felicia Thomas Williams, Principal, West Middle School, Brentwood CSD, SAANYS 2020 Secondary School Principal of the Year and Member of SAANYS' Government Relations Committee

Sarah Cioffi, Academic Advisor for ENL and World Languages, Shenendehowa CSD and Director, Capital Area Language Leaders

Drew Anderson, Ph.D, Associate Professor of Psychology at UAlbany and Clinical Psychologist in private practice with HPA/LiveWell in Albany

Dr. Cynthia Gallagher, SAANYS Director of Government Relations

Moderated by Karen Bronson, SAANYS

Recordings of past SAANYS Connect panels are available at www.saanys.org.

- **50-minute panel conversations** on current and rapidly evolving topics.
- Each panel conversation consists of **guest experts and SAANYS members**. The focus is on sharing experiences and providing you with expertise, resources, and tools you can use now and as our current environment evolves.
- **FREE to SAANYS members and non-members**



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REGISTRATION LINK
<https://bit.ly/2FNRROg>

Zoom link is sent from Christine Foglia prior to event. If you do not receive it by noon on day of event contact her at cfoglia@saanys.org.

follow the conversation at **#SAANYSconnect**