



September Webinars

Work-Life Balance



Working & Learning from Home with Young Children

If you are working from home while simultaneously managing the care and education of young children, this webinar is for you. Lara Pauley, M.Ed., will share helpful tips and resources related to family, learning at home, and working from home with young children. Lara has worked in the field of early childhood for over 30 years. She is an Assistant Professor of Practice at UT Austin in the Child Development Laboratory.

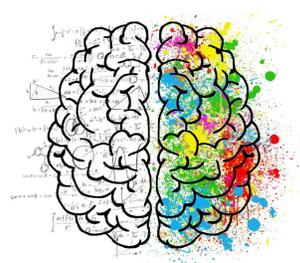
September 10th
10 a.m.
Registration Link



Intro to Mindfulness

In this 60-minute workshop, you will be introduced to the science and practical application of mindfulness. This evidence-based skill set is available to all of us and has been proven to improve productivity, reduce blood pressure, improve sleep and immune function while decreasing anxiety and depression. You will leave this workshop with the tools you need to start a mindfulness practice for yourself!

September 16th
10 a.m.
Registration Link



A Normal Response to an Abnormal Event

Join Texas DPS' Chief Psychologist, Lori Robinson, Ph.D., for a webinar to learn about recently released data from the CDC regarding the impact of COVID-19 on mental health. She will also discuss ways to mitigate the impact of COVID-19, strengthen healthy coping responses, and build resiliency while maintaining a healthy work life balance.

September 17th
10 a.m.
Registration Link



Positive Ways to Manage Today's Stressors

In this webinar you will learn how to handle the challenges that come your way. Dr. Labat will discuss ways to manage the factors that throw us off and into unhealthy coping. She will offer helpful tips that can increase our competence and flexibility in dealing with the uncertainty of today's world.

September 25th
10 a.m.
Registration Link