

Coping & Stress Workshop

September 15, 2020

9AM—11AM

In this free, two-hour virtual session, Lorie Simpson will be focusing on the interaction of stress, coping resources, and satisfaction in four life areas: Personal, work, couple and family. It is designed to increase your awareness of both your strengths and development opportunities to increase life satisfaction. When you experience stress, you use the coping resources you will develop to help deal with the situation. The greater your variety of coping resources across all areas of life the more effective you will be in managing stress and the satisfied you will feel.

To Register: Download and fill out the attached registration form, then email it back to kern@terra.edu. You will receive the meeting link with your registration confirmation email. Questions? Call 419.559.2464

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