



WORKSHOP
**Self-Care for Superintendents:
Caring for the Caregiver**

February 4th at 3:00 PM PT

[Register Today!](#)

Stress levels are at an all-time high in response to the pandemic, making self-care practices a priority. SSDA and Effective School Solutions, a leading provider of in-school clinical programming for students with emotional and behavioral challenges, would like to invite you to a 45 minute workshop focused specifically on superintendent self-care.

Providing ongoing supports to students and educators can be extremely stressful under normal circumstances. During unprecedented times, such as what we are currently experiencing, superintendents face even greater burdens. As the leader and caregiver of their own school community, as well as in their roles within their own families, the stress can be overwhelming. Even the most resilient leaders, can become worn if they do not take the time to take care of themselves.

This workshop will assist superintendents in obtaining a better understanding of what current stressors are, the effects of those stressors (physical, emotional, and cognitive), and some steps they can take to proactively mitigate stress.

We hope you can join us. Register today!

[Register Now!](#)