

April 26, 2022

EDUCATION & TRAINING NEWSLETTER

UNITED WAY

of Northern New York

Two of our guest speakers from the 2022 Spring Town hall will be facilitating programs over the next few weeks with North STAR! We will dive into their topics from the 2022 Spring Town hall of creating and scaling collaboration, and identifying tangible, doable actions to counteract the heavy weight of burnout.




4/27 @ 11:00 am - 12:00 pm: Balance, Burnout and An Organization's Way Forward with Christie Andrus-Nakano, M.A.

5/12 @ 11:00 am - 12:00 pm: Creating a More Collaborative Organization with Mark Britz



Programming Spotlight

An event poster with a dark orange background. On the left, there is a large, stylized graphic of a hand holding a glowing orb. The text on the poster reads: 'BALANCE, BURNOUT & AN ORGANIZATION'S WAY FORWARD', 'Facilitator Christie Andrus-Nakano, M.A.', 'April 27, 2022', and '11:00AM - 12:00PM EST'. At the bottom right is the logo for 'HUMAN FACTOR LEADERSHIP', which features a colorful swirl design.

**BALANCE,
BURNOUT & AN
ORGANIZATION'S
WAY FORWARD**

Facilitator
Christie Andrus-Nakano, M.A.

April 27, 2022
11:00AM - 12:00PM EST

HUMAN FACTOR LEADERSHIP

BALANCE, BURNOUT AND AN ORGANIZATION'S WAY FORWARD

These times have given us much reason to have worn out the word "burnout". What if we've been putting the emphasis in the wrong place? What if the way forward has us rethinking how we bring out the best in people?

Join us as we explore and discuss restorative and preventative measures to help recalibrate balance, productivity and retention.

April 26, 2022

ADVERSE CHILDHOOD EXPERIENCES (ACES)

This is a two-part series that educates us on how to address the crisis of Adverse Childhood Experiences and the long-term impact on mental and public health.

- Participants will be able to describe the ACES study and the potential impacts ACEs have on lifelong health and brain development.
- Participants will analyze protective factors that reduce the impact of ACEs and discuss how to implement them in the community.



Looking Ahead

Planning ahead? Please check out all of our future Education and Training programming!

April 27	<u>Balance, Burnout and An Organization's Way Forward</u>
May 10 & 17	<u>Adverse Childhood Experiences (ACEs)</u>
May 12	<u>Creating a More Collaborative Organization</u>
May 19	<u>Different Approaches to Effective Communication</u>
May 26	<u>How to Make Reporting to Your Funder a Snap Based on Your Application</u>
June 1	<u>Expanding Your Grant Seeking Strategy (While Still Being Sustainable)</u>
June 5	<u>Program Mapping: How to Use a Sustainability Mindset in Decision Making</u>
June 16	<u>Sexual Harassment Prevention Training 2022</u>
June 23	<u>Putting the Human Experience First: An Introduction to Human-Centered Design</u>

Partners In Learning

In addition to our programming, we encourage you to check out upcoming education and training programming from our partners in learning:

Prevention Network- Lunch and Learn- Workplace Wellness: Incorporating the Eight (1/19-6/29) Dimensions of Wellness into your professional and personal life

Mental Health Empowerment Project- Spring Peer Support Training (4/4-4/28)- Contact Judy Stevens jstevens@mhepinc.org

DH Leonard Consulting & Grant Writing Services - Grant Writing Boot Camp (5/10 - 5/13)