

Eastern Division 2021-2022 Workshops



Wednesday
September 22, 2021

Wednesday
November 10, 2021

Wednesday
March 30, 2022

*Location: Eastern Region Office
Allentown

Time: 5:30-6:00 p.m. (registration/light dinner)
6:00-8:00 p.m. (division meeting/guest speaker/workshop)

2021-2022 ESP Eastern Division Officers

Rosemarie J. Paolucci President

(H) (570) 839-3139
rjpaolucci@hotmail.com

Heidi J. Moll Vice President

(H) (610) 780-4364
hjmoll@comcast.net

Holly Harrington Secretary

(H) (610) 533-8610
hharrington@psea.org

Diana M. Lett Treasurer

(H) (610) 209-4390
dianamlett@gmail.com

ESP Eastern Division Liaison

Steve Cholish
(O) (800) 322-9032

Wednesday, September 22, 2021

Guest Speaker AND

“Being Mindful of your Well-Being” Workshop

Presenter: Sandra Williams, PSEA Executive Offices

Following the meeting and prior to our workshop, there will be a guest speaker who will offer information on how your local association can partner with local community organizations.

Our workshop will cover mindful practices, which can help us find focus and calm in the midst of instability and can help us to feel less stressed in our personal lives and more effective in our professional lives. This session will provide an overview and offer specific tips for beginners and those who already have a mindfulness practice.

Wednesday, October 20, 2021 & February 23, 2022

Virtual - ESP Coordinated Bargaining Meetings

6 - 7:30 p.m.

Facilitator: Steve Cholish, PSEA UniServ Rep and ESP Liaison

Coordinated Bargaining is a process whereby our division's local associations work together in an effort to improve terms and conditions of employment for all bargaining unit members. We encourage local leaders to join this process so that we may all enjoy success in our bargaining efforts.

***Division meetings may be held using a virtual platform.**

Please check your email, the region website or contact the Division office prior to each event for updated information.



Eastern Division 2021-2022 Workshops



Wednesday, November 3, 2021

(co-sponsored with Eastern Region's RCPE Committee)

Virtual - Positive Attitude in the Workplace (para hours)

Presenter: Judith Petruzzi, PSEA Education Services Division

Public Education is a stressful endeavor, even when you love it! This course provides a variety of ways to care for yourself and project a positive attitude to colleagues, parents and the community.

Wednesday, November 10, 2021

Local Officers' Roundtable Discussion with Eastern Region UniServ Staff

Moderators: UniServ Reps Steve Cholish, Jolene Vitalos and Molly Mirabito

Local officers, come ready to discuss concerns within your local. UniServ Reps Steve Cholish, Jolene Vitalos and Molly Mirabito will be on hand to offer insight into issues affecting your local.

Wednesday, March 30, 2022

Annual Meeting AND Mindfulness/Wellness Workshop

Presenter: TBD

Eastern Division ESP cares about you which is why this workshop will offer self-care skills that promote positive well-being. When you take care of you, that makes for a healthier, more balanced personal life as well as work life.

Please note this is a tentative listing; flyers containing specific details and registration information will be sent to all local association officers approximately one month prior to each activity as well as posted on Eastern Region's website (www.psea.org/er).

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Please check your email, the region website or contact the Division office prior to each event for updated information.

**IF YOU WORK
IN
BERKS,
CARBON,
LEHIGH,
NORTHAMPTON
OR
SCHUYLKILL
COUNTY, YOU
SHOULD
ATTEND THE
ESP EASTERN
DIVISION
MEETINGS.**