

# Central-Western Division 2020-2021 Workshops



Thursday  
September 24, 2020

Tuesday  
November 10, 2020

Tuesday  
March 9, 2021

Thursday  
May 20, 2021

## 2020-2021 ESP Central-Western Division Officers

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### ESP Central- Western Division Liaison

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To register or for more  
information,  
please contact: John  
Vresilovic at  
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**\*Location: Hoss's  
4343 Admiral Peary Hwy, Ebsensburg**

**Time: 5:15PM to 8:00PM**

*\*Division meetings may change locations or be held using a virtual platform. Please check your email or contact the Division office prior to each event for updated information.*

## Thursday, September 24, 2020 *PSEA Events & How to Get There without Breaking the Bank*

*Presenter: Nathan Greenawalt, Director Special Field Programs*

This workshop will address what trainings are available at no cost to members or locals, and also will cover how locals can qualify for funding assistance from PSEA in order to participate in statewide events.

## Tuesday, November 10 2020 *Bargaining Bingo*

*Presenter: Annie Briscoe, PSEA Region Advocacy Coordinator*

This interactive workshop will allow members to become more aware of contract language, focusing on several key areas.

## Tuesday, March 9, 2021 *"What Makes Them Tick?"*

*Presenter: Judith Petruzzi, PSEA Director of Education Services*

All of our students have different brains, and they learn differently. This session shares some of the latest brain research and discusses strategies for students with a variety of impairments. Based on Eric Jensen's research, we discuss approaches to empower your most frustrating students! **Continuing Education Hours are Available with District Pre-approval**

## Thursday, May 20, 2021 *"What is Wellbeing? Avoiding Burnout"*

*Presenter: Wendy Sheeder, Division President and Meaghan Chirillo, PSEA UniServ Representative*

We will be taking a look at the components of wellbeing: mind, body, economics, environment, and social. Now, more than ever, we've seen how quickly life can be turned upside down. How we respond to the events around us increases our stress levels. As local leaders, we're balancing not only home life and work life, but association responsibilities too. This session will cover the importance of delegating and working as a team so that we're not stretched too thin.