

Self-Care for Leaders

Friday, February 25, 2022
10:00 AM - 12:00 PM EST

This workshop is designed for leaders in the nonprofit and public sector who recognize the need to establish a self-care routine. The workshop will feature:

- Defining self-care
- Exploring why leaders should practice self-care
- Demonstrating how to develop a personal self-care plan
- Demonstrating how to launch a daily self-care routine.

Participants will leave the workshop with their own self-care plan; and they will also have access to the methods and materials required to teach self-care concepts to their staff and co-workers.

To save your spot for this virtual workshop, register today using the link below.

REGISTRATION



CHRISTOPHER SMITH

Christopher B. Smith has over 30 years of service in the public, nonprofit and academic sectors. Chris is the program director of the social work program at Western Michigan University's Grand Rapids campus. Chris currently serves on the advisory board of Kent County Community Action Agency and a board member of Project GREEN. Chris is a licensed clinical and macro social worker and holds master's degrees in both public administration and social work from Wayne State University.

