



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

OPCSMH 2023-2024 Webinar Series

MAXIMIZING YOUR PERFORMANCE PROFESSIONALLY AND PERSONALLY BY FOCUSING ON RESILIENCY

One of the most challenging aspects of working in higher education is managing the multiple and ever-expanding complexities of the role. As practitioners and scholars, individuals are expected to attend to and advocate for the students on a regular basis. Professionals have been working in a high stress environment and are experiencing the impact of these challenges. Faculty and staff may be experiencing anxiety, depression and compassion fatigue as a result of these factors. This webinar will discuss the college work environment and its impact on faculty and staff, both professionally and personally. Coping strategies will be discussed as well as the importance of self-care and resiliency.

TIME

December 5th, 2023
12:00pm-1:00pm EST

SPEAKER

Micky Sharma, Psy.D.
Director, Student Life's Counseling and
Consultation Service
Ohio State University



**SCAN TO
REGISTER**



Questions?

Contact us at opcsmh@neomed.edu