



## GLASS ½ FULL LEADERSHIP: AVOIDING PROFESSIONAL BURNOUT BY MAXIMIZING REST AND MANAGING CHANGE AND TRANSITION

Under the umbrella of the Executive Leadership Series, DeKalb is seeking leaders who are interested in participating in the **Glass ½ Full Leadership: Avoiding Professional Burnout by Maximizing Rest and Managing Change and Transition** workshop. If you are feeling a little “burnout,” sign up for this amazing two-part workshop especially designed to help you cope and move from surviving to thriving.

This high-quality, interactive workshop will support leaders by heightening their ability to:

1. Understand fatigue and its relationship to secondary-stress reactions and professional burnout

2. Explain the Seven Types of Rest and develop a self-care plan to better define and maximize personal rest and achieve overall wellness goals
3. Understand the difference between change and transition, identify where they or their team are along the continuum of change, and be able to implement strategies to promote successful social and emotional outcomes
4. Implement key personal strategies for moving from surviving (Glass ½ Full) to thriving (Glass Full)

DeKalb has partnered with Jill Mays, of Ezer Counseling LLC, to offer this learning opportunity for leaders. Please use the link below to register for this workshop.



### Registration Due Date

Close of business on  
**Monday, February 14<sup>th</sup>**

Application live link:

[Course 27678 - Workshop: Glass 1/2 Full Leadership](#)



### Time Commitment

Two-Session Workshop (virtual)  
February 25<sup>th</sup> from 9:00 AM-11:00 AM  
& March 11<sup>th</sup> from 1:00 PM-3:00 PM



### DeKalb Contacts

José Boza and Kedra Fairweather

[jose\\_boza@dekalbschoolsga.org](mailto:jose_boza@dekalbschoolsga.org)

[kedra\\_fairweather@dekalbschoolsga.org](mailto:kedra_fairweather@dekalbschoolsga.org)



### Target Audience

This two-part learning opportunity is open to all district- and building-based leaders from all departments and divisions (i.e., principals, assistant principals, academic coaches, nutrition managers, plant engineers, etc.)



### Registration Technical Support

Cynthia Hall

[cynthia\\_hall@dekalschoolsga.org](mailto:cynthia_hall@dekalschoolsga.org)