

DECEMBER 15, 2021

11:00 a.m. - 12:00 p.m. ET

PROFESSIONAL DEVELOPMENT



*Do you need to refuel?
Or do you need to
refuel!!!*

EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/114588/>

Need to Refuel? Tools for Self-Care & Resilience

Do you need to refuel? Or do you need to refuel!!! In the past couple of years, service providers have probably experienced added stress, felt emotionally taxed, faced lower resilience – in a word: depleted. Going virtual with service delivery, sudden changes in the work environment, direct or indirect COVID-related health concerns, and added job responsibilities to maintain quality and quantity of outreach despite uncertain conditions have all essentially contributed to your need to refuel. So how do you put some fuel back in the tank? Can you? During this session, we'll explore some strategies to help build resilience and take better care of yourself.

PRESENTER

Lakshmi Mahadevan, Ph.D.
Associate Professor & Extension Specialist, Special Populations
Texas A&M AgriLife Extension Service

Dr. Mahadevan has a doctorate in Educational Psychology with an emphasis in Career Development Education from Texas A&M University. Her areas of expertise include universal design for learning, and accessible curriculum. She has more than 15 years of experience in conducting face-to-face and online professional development with educators in Texas addressing various special populations-related issues. Dr. Mahadevan evaluates the accessibility of educational programs, oversees curriculum fidelity and quality control of a community-based life skills program for youth aged 18 through 24 and provides subject matter expertise on advancing equity in career and technical education.

CONTINUING EDUCATION CREDIT

- **Social Work, LPC, LMFT:** The MFLN Military Caregiving concentration will apply for 1.0 continuing education (CE) credit from the UT Austin Steve Hicks School of Social Work for credentialed and licensed professionals (social workers, LPC, LMFT).
- **Case Manager:** This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hours.
- **Board Certified Patient Advocates (BCPA):** This program has been pre-approved by The Patient Advocate Certification Board to provide continuing education credit to BCPA. The course has been approved for a total of 1.0 CE contact hour.
- **Certified Family Life Educators (CFLE):** This program has been approved by the National Council on Family Relations (NCFR) for 1.0 CE credit for CFLE.
- **Certificates of completion** are available for participants interested in receiving training hours.

