

NESD SHRM Presents:

Resiliency – Coping Strategies to Achieve Work-Life Balance



Tuesday, January 14th
11:30am - 1:00pm
2nd Street Station

In a world where the professional and personal demands of our lives often collide and compete, we long for more balance. Work-life balance is a common plea of overworked and overwhelmed employees. It's a goal we desire, but rarely achieve.

Join us for this insightful program featuring tips on how to de-stress and refocus on what is important to you so that you can achieve work-life balance, be more productive, focus on what really matters, and have less stress in your life!



Lynna Speier, SHRM-SCP, LNHA, is the Nursing Home Administrator for Legacy Healthcare LLC. She is responsible for the day-to-day operations and direction of the facility, and ensures that the facility complies with all policies and procedures set forth by the company, as well as those required by regulatory agencies. She received the AHCA/NCAL National Quality Award, Bronze In 2019 with excellent survey outcomes, and oversees the operating model for all departments.

RSVP at the chapter website: <http://nesd.shrm.org> (under the "Events & Education Tab") by Friday, 1/3/2019.

FREE to NESD SHRM-Plus Members
\$10 for NESD SHRM Basic Members
\$20 for Non-NESD SHRM Members

