



HISD Summer 2022 Professional Development

A Day of Revitalization: Stress Management for Educators

Date	August 17, 2022
Time	8 a.m. to 3 p.m., lunch included
Location	Huron Intermediate School District Administrative Offices 1299 S. Thomas Road, Bad Axe, MI 48413
Cost	Includes materials, lunch, and refreshments. \$10 for educators in Huron schools OR SSWs in Region K. \$50 per day for out-of-county educators.
Credit	6 State Continuing Education Clock Hours (SCECH) pending approval CEs for SSWs pending approval
Stipend	Stipend of \$100 per full day paid by HISD using 31n (12) funds for Huron County Public School educators
Presenter	Dr. Natalie Nugent
Audience	PreK-Gr 12 Teachers, Special Educators, Administrators, Paraprofessionals, and New Teachers
Description	Dress Casually – we will incorporate movement into this session. According to a poll conducted by the National Education Association in January 2022, 90% of educators reported that burnout is a serious problem and 55% endorsed a plan to leave the field “sooner than expected.” As many educators may have already experienced, burnout and prolonged stress are associated with emotional exhaustion, a sense of decreased personal accomplishment, and often times, detachment from work. This training will focus on preventative stress-management strategies, as well as practices to revitalize and reenergize before beginning a new school year.
Registration	Deadline to register is August 11, 2022. Register online at www.huronisd.org Professional Development link. Checks payable to Huron ISD or pay online with a credit card.
Questions	Contact Vicky Erdman at (989) 269-6406 with registration questions. Contact Karen at curriekm@huronisd.org regarding content.

*Federal funds not used for meal costs