

Please Join Us for the CVML Counselor Conference 3.0



A Hero's Journey...

A Different Way to Understand Stress

Presented by: CVML Regional Consortium

Good News...!!!

Stress doesn't have to be the enemy. Stress, when understood and managed effectively, can result not only in increased personal wellbeing, but also foster development of authentic, positive community and connection among colleagues and students.

What to expect during our time together:

- * Understand how a hero navigates the unknown
- * Contextualize your "fight or flight" urges when facing stress
- * How to engage ("fight") in a constructive manner
- * How to disengage ("flee") positively
- * Develop personal behavioral strategies enabling you to exploit stress as a fuel to achieve peak performance in every endeavor.



Our Returning Speaker/Mentor: Founder & CEO "The Applied EQ Team" * Adam Saenz Ph.D., D.Min.

Conference Hosts: California Community College Sector Regional Directors - representing:

- Advanced Manufacturing
- Agriculture, Water & Environmental Technology
- Business & Entrepreneurship
- Energy, Construction & Utilities
- Global Trade
- Health
- ICT/Digital Media
- Retail, Hospitality & Tourism
- K-14 Technical Assistance Provider

Virtual Conference Schedule

Friday, March 5th, 2021

Welcome & Morning Preview	9:00 - 9:15
Keynote Address	9:15 - 10:00
Bio-Break	10:00 - 10:15
Workshop Discussions	10:15 - 11:45
Closing Remarks & Follow-up	11:45 - 12:00

Don't Wait !!! ->>



click button

Join Us for Inspiration, Encouragement & Empowerment

Questions?

Conference Coordinator

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Regional Consortium

<http://crconsortium.com>



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Our Mission: Connect Each Student's Calling to Colleges & Careers.