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Member Self-Care and Well Being; Redefining Self-Care - Leading from a Place of Strength

Thursday, March 20, 2025/9:30 am-11:15 am

(We will be utilizing a Zoom format and all registrants will receive an invitation to attend)

TO REGISTER FOR THIS SEMINAR, CLICK HERE: <https://www.njasa.net/Domain/72>

AGENDA

9:15 am – 9:30 am The meeting will open, and all registrants will be admitted into the waiting room

9:30 am – 9:35 am **Welcome and Introductions**
Frank Borelli, NJASA Director of Professional Development

9:35 am – 11:05 am **Program Begins:**

“Redefining Self-Care - Leading from a Place of Strength”

Self-care is often seen as something extra - something we fit in if we have time. But in reality, self-care is a necessity. It's what allows us to show up as our best selves, both personally and professionally.

In this engaging session, we'll redefine self-care through the lens of six pillars of wellness - nutrition, hydration, sleep, movement, stress management, and connection - and explore how each plays a vital role in sustaining your energy, focus, and resilience as a leader. We'll also discuss the essential role district leaders play in fostering a culture of well-being, providing actionable ways to support and empower staff in prioritizing their own self-care.

You'll walk away with practical strategies to incorporate into your daily routine, thought-provoking reflections, and a powerful affirmation to reinforce your commitment to well-being - both for yourself and for those you lead. By modeling and promoting self-care, you can help create a work environment where staff feels supported, engaged, and motivated to bring their best selves to work each day.

Join us for this opportunity to invest in yourself and your team so you can continue leading with strength and purpose.

11:05 am – 11:15 am **Open Discussion/Question and Answer Session**

**PRESENTER: Gina Roof, Nutrition & Wellness Coach of Simply
Balanced with Gina**

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“One Vision – Our Voice”

The mission of the New Jersey Association of School Administrators, the unifying professional association of school leaders, is to ensure a superior statewide system of education by influencing and affecting educational policy, regulations and legislation; and by maximizing the capacity and effectiveness of school leaders through professional development programs and support services.