



Commonwealth Workforce Coalition

A Network of Massachusetts Community-Based Workforce Development Practitioners

Training Date

**Tuesday,
October 18, 2011
9:00 AM-4:00 PM**

**Location:
Madison Park
Village**

**For more
information or
questions contact
Judith Lorei at
617-834-2594 or
jlorei@earthlink.net**



Stress Reduction in the Workplace: Strategies for Challenging Times

The staff of career centers and education and training programs are experiencing high and prolonged stress levels due to increased workloads, decreased resources and desperation on the part of many clients, students and customers, especially the long-term unemployed. This one day training will help participants gain skills to more effectively address the physical, mental and emotional stress associated with this “new normal.”.

What you will gain by attending this training:

**Effective
approaches for
handling
“compassion
fatigue”**

**Concrete strategies
that will enable you
to set appropriate
boundaries with
clients/students/
job seekers and
innovative
approaches for
managing their
expectations**

**An opportunity
to network with
your colleagues
and share ideas
and information
for reducing
stress**

**Sponsored by:
The Mayor’s Office of Jobs and Community Services
and the Boston Private Industry Council**



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Stress Reduction in the Workplace: Strategies for Challenging Times

Trainer Biography

Laurie Rhoades, LICSW

A former Senior Clinical Consultant with New Perspectives at the Executive Office of Labor and Workforce Development. She now maintains a private practice with offices in Arlington and Amherst where she sees individuals and couples, and facilitates mindfulness-oriented therapy groups. She has presented over four hundred workshops in Greater Boston on such topics as Stress Reduction and Relaxation, Ethics and Boundaries, Building Successful Work Relationships and Assertive Communication Skills.

This workshop is offered at no cost but pre-registration is required by October 12, 2011.

We anticipate this to be a high-demand training so will accept enrollments on a first-come, first-served basis. The training will be conducted multiple times to provide an opportunity for everyone who is interested to attend.





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Stress Reduction in the Workplace: Strategies for Challenging Times

Registration for this training begins:

09/22/2011

And ends on:

10/12/2011

For more information about other CWC activities contact:

Ann Donner,
CWC Manager
617-727-5944
adonner@cedac.org

Or go to our website at:
<http://cwc.cedac.org>



Registration

Go to the **CWC Member's Portal** at:
<https://cwc.cedac.org/member.aspx>

- Sign in to your member account with your **username (e-mail address)** and password.
*If you don't know or have forgotten your password, click on "**Retrieve Account Information**". You will then have the capability to retrieve your password via e-mail or First Name/Last Name if we do not have your e-mail address on file. Click "**New Member Registration**" if you're new to CWC.*
- Once logged in, you will be directed to your "**Members Profile**". Please review & update your contact information.

Click on "**Events**". Choose "**Stress Reduction in the Workplace**" and click "**Register Now**". You will then be asked to click on "**Finalize**" to complete your registration.
- Once registration is finalized an automatic confirmation email will be emailed to you. **Each person attending must register with their own email address.**

If you have any questions about online registration, please contact Dilia L. Ramirez at dramirez@cedac.org or 617-727-5944.