

# BUILDING UP YOUR ARMOR:

COMBATING STRESS TO LEAD AT YOUR BEST

## This Session Offers:

- Group activities to strengthen team bonds and build resilience
- A brief history of stress and how it leads into the new model of stress
- An exploration of where we are at relevant to high stress and COVID
- An exploration of techniques to help alleviate excess stress and build psychological armor/resilience

PLEASE JOIN US FOR A FREE SESSION!



NOVEMBER 10, 2021



2:30 PM - 4:30 PM



ZOOM



[BIT.LY/BUILDINGUPYOURARMOR](https://bit.ly/buildingupyourarmor)



### About Dr. Richard A. Woodruff, PhD

Dr. Woodruff has been researching and studying stress for more than 17 years. He shifted into education just over five years ago, and fell in love with supporting educators and the students they serve.



SAN JOAQUIN COUNTY  
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FOR ANY QUESTIONS, CONTACT:

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