



BCEA/NJEA

**Educational Support Professional
Workshop
(for all ESP members)**

Stress Management & Time management for ESP Members



**Your current NJEA
membership card or photo
ID or school ID are
required for admittance**

**Wed., Feb. 21, 2018
5:00 p.m.
at the BCEA Office**

**Light meal provided
at 4:30 p.m.**

**East Ridge Plaza
621 Beverly Rancocas Rd.
Willingboro, NJ
609-871-2232**

This workshop explores a variety of time management principles and strategies that may be used to improve the quality of your personal and professional lives. We will explore the principles of stress management, including strategies to improve resiliency, renew energy and create a stress-free work environment. The session will provide opportunities for sharing stress management techniques and creation of a personal stress management toolkit.

**Register with your
association president by
February 9, 2018**

**Registrations due in our
office February 12, 2018**

**\$15 will be charged to your local
association if you fail to cancel your
reservation with the BCEA office by
5 p.m. on February 15, 2018.**

Please allow time for the holiday weekend!