

The Science Behind Performance: Building Confidence and Connections in School, Athletics, the Arts, Home, and Beyond

FREE: 1 IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologist, IAODAPCA (Pending), and CPDU's for School Professionals

Building confidence and connections across various domains—school, athletics, the arts, and home—requires an understanding of the science behind performance. Presenters will provide an overview of the key concepts and strategies to foster confidence and meaningful connections, as well as ways to make a positive impact on performance and engagement.

DATE & TIME



Wednesday, October 23, 2024 9:00 pm -10:00 am

VIRTUAL TRAINING ON ZOOM



Jacqueline Rhew, CADC, LCPC



CENTER FOR
EMOTIONAL WELLNESS
of the Northwest Suburbs



Lauren Bilbrey, MA, LBS1

Samantha Cramin, LSW