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Speaker:

Dr. Tammy McCoy-Arballo



“Coping and Communicating with Compassion”

Thursday, August 6

From your Desktop

Noon – 1:00 p.m.

As public-sector communicators, we continue to face the ongoing stress and isolation of the global COVID-19 crisis, civil unrest and financial fallout both at work and at home.

Communicators have been working around the clock for months providing important information to the communities they serve. This constant, heavy workload coupled with limited abilities to engage in pleasurable activities and the uncertainty of the global pandemic may lead to anxiety, hopelessness, helplessness and event burnout.

This webinar will give CAPIO members practical tips and tools they can incorporate into their daily lives at work and at home that will reduce burnout, stress, and anxiety during these unprecedented times.

Prices

Free for CAPIO Members and
\$35 for Non- Members

Contact information:

info@capio.org
or call 1-844-CAPIO55

Webinars can be watched live or after the webinar via recording.
All registrants are provided with a link to the recording.