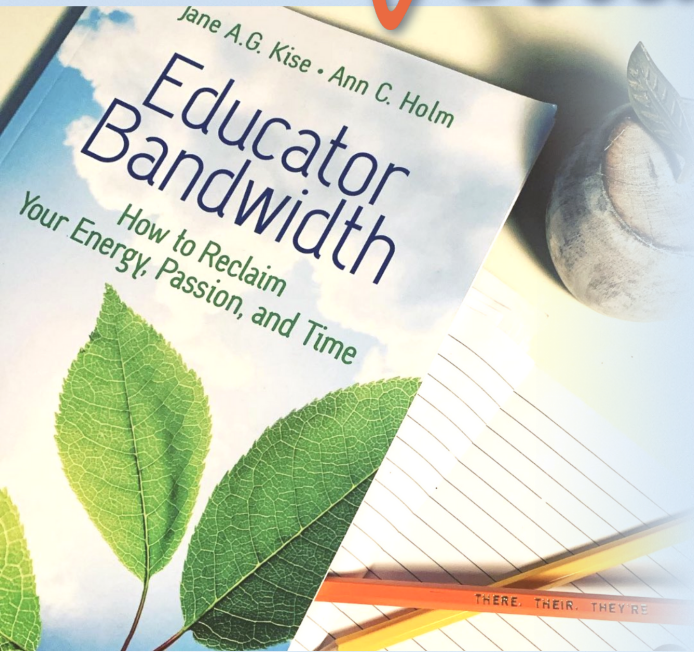




# Virtual Book Club



## IT'S TIME TO MAKE YOUR *Mental Bandwidth*

**WORK FOR YOU!**

Being an educator is more stressful than ever, and teachers and administrators must constantly shift gears to stay on top of the newest initiatives and students' ever-changing needs.

Join the Center for Leadership and Innovation's book club on *Educator Bandwidth: How to Reclaim Your Energy, Passion, and Time*. Recruit a friend, gather a small district team, or sign up on your own and connect with colleagues across the state, while learning tools and strategies to reduce stress, avoid burnout, and regain time.

*Kise and Holm combine the latest neuroscience research with their own extensive experience working with educators to bring the most effective strategies and habits that help you manage your mental bandwidth and prioritize drains on mental energy.*

*When you can establish good habits, focus on what's possible within your locus of control, and balance priorities, you can improve your educator bandwidth and feel more engaged, centered, and effective in your work.*

### SESSIONS

1

April 10, 2023  
3:30 - 4:30 PM  
Chapters 1-3

2

April 24, 2023  
3:30 - 4:30 PM  
Chapters 4-7

3

June 7, 2023  
3:30 - 4:30 PM  
Chapters 8-11

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BOOK CLUB...

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