



H&V Webinar

Self-Care through Time Management

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Date: Tuesday, December 8, 2020 Time: 11:00am – 12:00pm MT

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Abstract

Time and energy are our most precious resources. Choosing how, where and with whom we spend these is directly correlated to our well-being. When it comes to choosing what we do during our day, we often equate doing the “right thing” with doing something for someone else. We often choose to sacrifice our own personal well-being to focus on the impact we have on our teams and the system. With technology constantly at our fingertips we often end up blurring the lines between work and personal time. When we are physically and/or emotionally exhausted, our focus wanes and productivity is reduced.

Self-care has emerged as an important topic in the workplace. Self-care are activities we engage in deliberately to support of our mental, emotional, and physical health. Are our typical self-care activities enough to help us rejuvenate? What are other strategies that we can incorporate into our lives to improve our well-being?

Enter time management as a self-care strategy.

This dynamic session will introduce the idea of time management strategies to provide the stress relief we all strive for. There is no secret recipe for the best way to manage time nor is time management one size fits all, it is about trying a variety of strategies until you find the one(s) that work best for you. Join us, and learn simple, yet effective time management strategies that will help you be more productive and find more time to spend on yourself and your family.

Primary Audience

Family leaders, family-based support organizations, Deaf-based organizations, EHDI program staff and EHDI systems stakeholders, and Pediatric Healthcare Professionals.

Objectives

- Explore how time management impacts your well-being and personal/family/work balance.
- Learn a variety of easy to implement time management strategies to increase personal and work productivity and improve your well-being.

Presenters



Alyson Ward

Alyson received her master's degree in health education and improvement advisor (IA) endorsement from the Institute of Healthcare Improvement. She is currently pursuing her PhD in Psychology with an emphasis in Sociobehavioral Epidemiology. For the past 18 years, her career efforts have demonstrated commitment to improving public health through health promotion, education, research, policy development, evaluation, and grant development from the community to

national levels. Ms. Ward's positions and interests provide her with broad and valuable experiences in public health. Early on, she worked in tobacco cessation, injury prevention, and employee wellness. Currently, Ms. Ward is engaged in learning systems development and improvement (e.g., coalitions, learning communities, and collaboratives) and children's health research (e.g., environmental, viral, and genetic factors). She is the co-director of the CMV (cytomegalovirus) Public Health and Policy Conference and chairs the awareness grant committee of the National CMV Foundation.



Terri Patterson

Terri is the mom of two, now-grown children, including a son who is deaf, as well as being hard of hearing herself. Residing in Atlanta, Georgia, she is the Director of Chapter Support for Hands & Voices Headquarters and is on the core management team for the Family Leadership in Language and Learning (FL3) Center, a HRSA funded co-operative agreement, providing peer to peer leadership training and technical support to family leaders and Early Hearing Detection and Intervention (EHDI) programs. Ms. Patterson serves on the Georgia Newborn Screening and Genetics Advisory Committee; her 16 years

of experience working with EHDI systems, in Georgia and nationally, partnered with her passion around leadership development is demonstrated through one-on-one training; state, national and international presentations; and national committee facilitation such as her position as Co-Chair for the EHDI Parent to Parent Committee. Her B.A. in Social Sciences supports her ability to manage time effectively and absorb information, understand it, and provides the versatility needed in engaging with diverse individuals and groups. As the coordinator and co-developer of the Hands & Voices Leadership to Leadership (L2L) Development Program Ms. Patterson is deeply passionate about a leader's need to invest in one's own personal leadership development to support and participate in systemic improvement.