

NAVIGATING THE NEW NORMAL

PROMOTING POSITIVE MENTAL HEALTH & RESILIENCE

Hybrid Event: Attend in-person luncheon or online through Zoom

THURSDAY, SEPTEMBER 2, 2021

REGISTRATION AT 11:30 AM, LUNCH AT NOON

PRESENTATION AT APPROXIMATELY 12:30 PM

NIU NAPERVILLE --OR-- ONLINE VIA ZOOM

The stress and anxiety caused by the pandemic has been challenging for everyone, including municipal leaders. It's been difficult to meet the expectations of elected officials, staff, community members, family, and friends.

Join your colleagues and award-winning counselor, business leader, and licensed Clinical Professional Counselor Joyce Marter to learn practical tools and strategies to promote the coping skills, mental wellness, and resilience needed during challenging times.

Joyce infuses each presentation with a sense of humor and a positive attitude. This approach, combined with more than two decades of experience in the field of psychotherapy, has helped drive Joyce's reputation as a talented and sought-after speaker.

Joyce's new book, *The Financial Mindset Fix*, was written to help cultivate mental and spiritual discipline for taking charge of your financial well-being. Books will be available for purchase at the luncheon for those that are interested.

This session will be educational for all senior leaders in your organization. Bring your assistant or department heads!



Register at [ILCMA.org/events/O902](https://www.ilcma.org/events/O902)

In-person registration \$40 / \$20 Student

Zoom Access \$20 / \$10 Student

MIT's are free



The health and safety of Metro Members is of utmost importance; therefore, the following COVID protocols will be followed*: Masks and physical distancing are required for non-vaccinated individuals, and optional for fully vaccinated individuals. Round tables with chairs that will be 3' apart at a minimum. Buffet luncheon will be served by NIU staff that are masked and will have on gloves. All of the silverware is prewrapped, and a box of disposable gloves is placed by the food & beverages. Sanitary stations throughout the facility. All NIU staff will be always masked.

*Protocols may change pending CDC Guidelines.