

FREE VIRTUAL WORKSHOP SERIES

WELL-BEING PRACTICES WITHIN EVALUATION

Saturday, April 10, 2021 // 8:00 a.m.

Presented by:



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Maintaining well-being can be difficult within these challenging times. Mindfulness can reduce burn-out and increase productivity. We will explore how evaluators can use mindfulness practices to help foster a sense of calm and focus on an individual level and in the workplace.



For access to this virtual workshop, please contact **Dr. Liliana Rodríguez** <u>liliana@usf.edu</u> // (813) 528-5041 // bit.ly/3esf5pL

Call for Workshop Proposals: We are seeking presenters on a broad array of topics at the national, state, and local levels.

