



Samantha Kallman &lt;samantha.m.kallman@gmail.com&gt;

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## Reduce Stress with Self-Care and Prepare Your Section for Success

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**SWE** <hq@swe.org>  
Reply-To: learning@swe.org  
To: samantha.m.kallman@gmail.com

Wed, Apr 1, 2020 at 12:57 PM



### Are you a SWE Section Leader? Prepare your leaders for the future!

Who are your future leaders and how are you helping them succeed? How you answer these questions determines your section's success.

Effective succession planning ensures that you are able to identify and develop leaders in a manner that is both practical and inclusive. In the web session, [\*\*SWE Succession Planning\*\*](#), learn SWE's model for succession planning.

By the end of this course, you should be able to:

1. Discuss the three basic principles of effective succession planning.
2. Explain the steps of the SWE Succession Planning Cycle.
3. Create a six-step succession plan for your section, including a transition document.

[Access Now »](#)

### Online Learning for All Members: Self-Care and Stress Reduction During COVID-19

Practicing self-care is important for maintaining a healthy relationship with yourself and others. If you are finding it hard to stay calm and manage your stress, these on-demand webinars from SWE will teach you how to effectively reduce and address your stress levels during these uncertain times.

**A Daily Reset: Mindfulness and Stress Reduction** offers simple tools to help engineers manage daily stress, providing those in attendance with the ability to re-energize and re-center themselves with a daily reset break. You'll be coached to identify actions, emotions and behaviors that are not serving your interests and will be given instruction on how to eliminate that "baggage" to be able to move forward.

Learn about the science behind the use of breathing exercises and how proper breathing can free the logical and creative nerve centers to work together effectively, both relaxing and energizing the body.

By the end of this session, attendees should be able to:

1. Recognize and manage "trigger moments" using emotional intelligence techniques.
2. Describe how to be present in the moment in order to cope with daily stresses.
3. Identify ways to reduce stress and increase creativity in order to be more productive.

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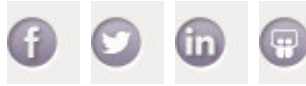
From ethical lapses to health breakdowns, our society is epidemically stressed and it's breaking our bottom line! **Survive to Thrive: Rewiring Our Brains in an Epidemically Stressed Society** brings members the cutting edge neuroscience of stress and strategies to get out of our pre-programmed survival mindsets, to a place where business, bodies and brains all thrive.

By the end of this session, attendees should be able to:

1. Define the ways stress physiology affects health and job performance.
2. Recognize the ways the brain operates maladaptively in the modern world and generate specific stress management strategies to override these "badaptations."
3. Develop a personalized brain-plan to become Instinctively Cognitive and reduce fear-based choices to improve productivity, happiness and health.

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**Society of Women Engineers**

[130 East Randolph Street, Suite 3500](#)

[Chicago, IL 60601](#)