

Overwhelmed & Over It!

Managing Career & Personal Life

- ✓ Figure out the importance of determining your “why” of what you do
- ✓ Become aware of erroneous thought patterns that can cause us to become unnecessarily overwhelmed
- ✓ Consider various ways to prioritize personal life with more balance and confidence

You can do anything,
but you can't do *everything*!

As driven professionals striving to bring excellence to your district, how can you be sure to not neglect other important things in life like your family, your health and your own well-being? Let's discuss how not to get overwhelmed by email perfectionism, people pleasing, work drama, mom/dad guilt and more! There are no easy answers, but intentionality on these things is essential for a fulfilling life in your career and at home.



EPC EDUCATIONAL VENDOR FAIR

July 30, 2025
Wright State University's
Nutter Center

Berry Room 2
3rd Floor
9:30 a.m. - 10:30 a.m.

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