

# December 14

5:30-6:30 PM

Zoom Link: <https://turlock-k12-ca-us.zoom.us/j/91397871244>



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Co-Founder of Performance on Purpose, LLC

As a performance coach, facilitator, instructional designer, and consultant, Dr. Lauren Hodges blends research in physiology, well-being, neuroscience, learning sciences, behavioral psychology, and purpose into the world of work and performance through the design and delivery of deep learning experiences. She helps her clients bring awareness to the beliefs and mindsets driving behaviors, clarify their larger mission, and identify a few key small, sustainable shifts in behavior that can drastically improve their performance not just at work but at home where it matters most. Her life mission is to serve others by helping them thrive in body, mind, and spirit so that their organizations can thrive too.



### Save the Dates:

- January 11 Stress & Stress Personalities
- February 1 Nutrition, Exercise, & Sleep
- March 1 Mental Well-Being
- March 22 Emotional Well-Being
- April 26 Setting Healthy Boundaries



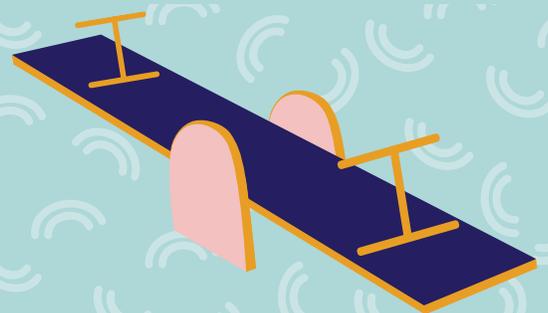
Turlock Unified School District

## Webinar 1: Fundamentals of Performance, Stress, & Resilience

In this webinar, you'll dive into the fundamentals of stress, mental well-being, and performance to establish a strong core understanding of how and why we stress, and what we can do about it. We'll dive into the biology and science behind stress, the core dimensions of energy and performance, and five key fundamentals to build off of in the following webinars in this series. In this kickoff webinar, you'll take away some foundational insights and key tools and techniques on how to better manage your energy and stress, and build resilience, so be sure not to miss it!

### Teasers:

- Protecting yourself and others from high stress is an important part of your job at work and at home. (True/False)
- The best way to think about one's work day is as a marathoner rather than a sprinter. (True/False)
- To stay ahead, you must grind harder and longer than everyone else. (True/False)
- To sustain top performance, business professionals should specifically focus on ways to recover during weekends and vacations. (True/False)
- Stress is something we have control over. (True/False)



# Fundamentals of Well-Being & Balance