

## **Abstract of Topics for Dr. William DeMeo Presentations**

### **Not Quite Burned Out But CRISPY AROUND THE EDGES**

Job burnout is one manifestation of excessive stress in the lives of every individual and especially among the helping professions, such as teachers, doctor, nurses, and social workers. Due to our responsibilities of working with people intensely over a period of time, and remaining supportive, calm, and objective, we are prone to burnout. In addition, many of us have dual roles in today's society, such as being caretakers and support givers of family and friends, which make us even more susceptible to burnout.

### ***Resolving Conflicts in the Workplace!***

Conflict in the workplace is inevitable. The challenge is that most people unconsciously react to conflict individuals must learn to prevent, manage and resolve conflict before a minor misunderstanding becomes a major battle.

The goal of this workshop is to enable you to catch yourself before a conflict occurs, then to choose a different response. This simple step will take you out of the reactionary response. Successful individuals all have this ability and it is what allows them to quickly and effectively deal with conflict. When conflict is managed properly it can actually contribute to the individuals', teams' and organizations' success by turning a conflict situation into an opportunity for growth.

### **Rekindling Your Energy and Enthusiasm for Teaching and Life!**

Stay energetic and enthusiastic about teaching and living in spite of the growing stressors including work load, demanding requirements and accountability pressures. In addition, learn how distress not only negatively affects our students' learning and development but the impact it has on families. Dr. Bill will focus on balancing your work and life, taking care of yourself, interacting positively with families, and finding time in your day for your professional and personal passions. Come to be renewed while rekindling your energy and enthusiasm for teaching and life.

### **Common Core Standards Meets Neuroscience**

A major concern for educators is how to help students who experience difficulty learning in school. Educators want to see students excel, and it can be very frustrating when a student falls behind.

This dynamic and interactive workshop will focus on providing participants with knowledge of the latest research in the area of neuroscience and its impact on Common Core. In addition, this engaging workshop will focus on providing participants with effective and practical brain-compatible strategies to assist students to become passionate learners, while helping them retain more. Participants will be able to use these strategies immediately when returning to their school to motivate the most challenging students achieve.