

# Rethinking Productivity: Make Stress Work for You Not Against You

## FEATURING:

- How to make stress productive in our lives!
- A fun, engaging topic with interactive activities!

**Thursday,  
June 27<sup>th</sup>, 2019**

**4:45 – 5:30 pm:** Registration,  
Networking, Dinner and Wine

**5:30 - 7:45 pm:** Presentations  
*See back page for detailed agenda*

## Parc at Duluth

3315 Peachtree Industrial Blvd  
Duluth, GA 30096

*Space is limited. Please register online  
at [www.ceucreationsinc.com](http://www.ceucreationsinc.com).*



## Continuing Education Event, Dinner & 2 CE Hours

### — 2 Credit Hours Approved For: —

- Social Work (ASWB ACE – 2 Core Hours)
- Case Managers (CCM-2 Clock Hours)
- RN ( CA Board of Registered Nursing – 2 Contact hours)
- LPC (Core: 2 NBCC Hours) 
- *Attendance or applied credit certificate available for other credentials.*

### — Presenters: —

Jeannine Jannot, Ph.D.  
*Founder and Owner, The Balanced Student, LLC*

### — This Event is Generously Sponsored By: —



# Rethinking Productivity: Make Stress Work for You Not Against You

**With jam-packed schedules filled with meetings and appointments, we could all use a little self-care at this time of year.** As our collective gaze shifts during our busy year, now is a great time to reflect and take care- all while grabbing another CE credit. Our presenter, Jeannine Jannot, Ph.D. will help shift the way we view our productivity and priorities, while making the connection between our beliefs about stress and performance outcomes and well-being. Participants will leave with an understanding of their stress mindset and how that mindset may be impacting their ability to perform and function at their best. Participants will leave this presentation with a better understanding of what it means to be productive and walk away with specific actionable steps to increase their level of productivity while maintaining (and increasing) overall wellness.

## Agenda:

4:45 - 5:30 pm: Registration, Networking, Dinner and Wine!

5:30 - 7:45 pm: CE Presentation

### By attending our workshop, you will be able to:

1. Understand the do's and don'ts of personal and professional productivity.
2. Name 2 common triggers of procrastination.
3. Identify the 3 Types of Stress
4. Discuss ways to cultivate a new mindset about stress

**SOCIAL WORKERS:** CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/18-11/22/21]. Social workers completing this course receive 2 Social Work Core continuing education credits. In order to receive credit, you must attend the entire presentation and complete an evaluation. Certificates will be provided on-site. Target audience: Social workers, case managers, discharge planners, nurses and other healthcare professionals -beginning to intermediate level of learning.  
*The GA Board governing social work CE's accepts ACE Programs.*

**NURSES:** 2 Contact Hours -CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563.

**LPC's:** Core: 2 NBCC Hours - CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**Cancellation Policy:** Registrants must cancel through Steve McSweeney only via email or phone at [steve@ceucorationsinc.com](mailto:steve@ceucorationsinc.com) or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted.

## Speaker Information

Dr. Jeannine Jannot holds a master's degree in school psychology and a doctorate in child and developmental psychology. She has over 20 years of experience working with children, teenagers and young adults in both public and private school settings, from preschool through college. She is currently an adjunct-instructor of psychology at Georgia State University. Dr. Jannot is passionate about identifying the root causes of issues that may be holding students back, and customizing strategies to achieve success—with an emphasis on physical and mental wellness, and how their parents can provide the support necessary.

Dr. Jannot is the owner of The Balanced Student, LLC whose mission is to help students be productive and well. Dr. Jannot provides personalized comprehensive services to students including goal-setting, time management, organization, study habits, study skills and general mental and physical wellness. As an adjunct-instructor at Georgia State University, she sees first-hand the stressors and skill deficits that put many students at risk of falling short of their potential. It is her goal to offer skill development to students starting as early as the fifth grade, so they can practice and internalize these skills as they begin to navigate the high-stakes rigor of high school and college.