



INTERNATIONAL SOCIETY FOR KEY WOMEN EDUCATORS
DELTA KAPPA GAMMA

DKG MD 2021 Convention
Concurrent Workshops Information
April 17, 2021

Workshop 1: Beverly Elaine Eanes, PHD, RN, CHP

Title: “A Funny Thing Happened on the Way to Your Stress”

Description: We all experience acute stress due to tense situations. Now, we are in unprecedented times due to the ongoing pandemic, racial discord, and political unrest, resulting in chronic stress. Laughter helps us to lighten our load by decreasing our stress hormones, increasing our immune response, and increasing our memory and problem-solving abilities. Join us as we play, let in the light, and spread joy.

Workshop 2: Debbie LeBlanc, Northeast Regional Director

Title: DKG Top 10 Chapter Strategies for a Post Pandemic World

Description: The description for this workshop will be forthcoming.

Workshop 3: Janissa Davis, DKG Member, Lambda Chapter

Title: The Challenges of Teaching On-line

Description: Do you find yourself wondering why your students are quiet and perhaps just staring at you? Are all your students attending class regularly? How do you communicate with your parents? Or, do you struggle with technology issues? If you answered yes to any of these questions, then this workshop is for you! It will enlighten you about great strategies to implement to address these and other online instruction concerns.

Workshop 4: Joanna Durham, LCSW- C

Title: Managing COVID-19 Stressors as a Classroom Teacher

Description: COVID-19 has increased many life stressors. Individuals are experiencing the psychological and emotional impact brought on by the pandemic. How are you managing the challenges of teaching and the challenges of maintaining home and family? This workshop is designed to help teachers identify stressors and offers coping mechanisms to help maintain wellness and well-being.