



ICHABOD CRANE
CENTRAL SCHOOL DISTRICT
CHATHAM • GHENT • NASSAU • KINDERHOOK • STUYVESANT • SCHODACK • STOCKPORT

PRESENTS



Webinars for Faculty, Staff & Parents/Caregivers

FEBRUARY 4 | 6:30 - 7:30 PM

**REDUCE YOUR ANXIETY AND LEARN
HOW TO BECOME MORE RESILIENT**

During this webinar for faculty, staff and parents, you will learn about the many ways we respond to stress, and how to recognize anxiety in yourself. Dr. Bashant will introduce several strategies backed by research to help you reduce your anxiety and stress as a result of the many challenges presented by the COVID-19 pandemic. In addition, she will share specific, concrete steps you can take to build your resilience and buffer the negative effects of stress in your life.

FEBRUARY 24 | 6:30 - 7:30 PM

**STEPS YOU CAN TAKE TO BOOST YOUR MOOD
AND IMPROVE YOUR SLEEP**

During this webinar for faculty, staff and parents, you will learn about ways you can improve the quality of your sleep and ensure that you are getting the optimal amount of sleep each night. Your sleep habits have a direct impact on your physical and mental health. Dr. Bashant will also share 10 natural ways you can improve your mood as we weather the cold and darkness of winter during a pandemic. You will leave with specific ideas about how you can start feeling better right away!

JENNIFER BASHANT

Jennifer L. Bashant, Ph.D., LMSW, MA, founder of Building Better Futures LLC, is an Educational Consultant and Trainer, with the mission to provide educators with evidence-based strategies to reduce challenging behavior in the classroom, and therefore, have a positive impact on learning. She is extremely passionate about her work, which is evident in her high-energy, engaging trainings and in her ability to connect with educators in a compassionate and authentic way.

Jennifer provides training and embedded coaching to educators regarding the most behaviorally challenging students. Her approach is trauma-sensitive and strengths-based, and she seeks to foster collaborative relationships between educators and students as they work together as partners in learning. Jennifer has been trained in Collaborative Problem Solving and the Mindful Schools curriculum for students ages kindergarten through grade 12. As a certified DiSC Leadership and Work Style Trainer, and a certified EQ-i 2.0 trainer, Jennifer also trains administrative teams, building leadership teams and teachers about emotional intelligence and how to communicate more effectively with others.

Jennifer Bashant
BUILDING BETTER FUTURES