



50+ Job Seekers Regional Networking Groups
NETWORKING WORKS!! Your AGE really is your EDGE@!!

Join Us at our Weekly Thursday Town Hall Workshops!

Every Thursday in May at 1pm we are offering town hall-style workshops featuring highly talented guest speakers who will address topics that are extremely relevant to dealing with the challenges created by the COVID19 Pandemic, especially for the unemployed workforce. Registration is required. Visit: www.50plusjobseekers.org.

Town Hall Workshop on Stress Management

Date: **Th May 7th – 1pm – 2pm**

Our **Featured Guest Speaker** is ***Dr William Sharp, Psya.D.***

The stress of unemployment can take a serious toll on your well-being under any circumstances. But during the coronavirus pandemic, your stress levels may be even higher than usual. Fortunately, there are some things you can do to cope with the stress in a healthy way if you've lost your job. In this workshop, Dr Sharp will help participants learn how to:

- Identify their stress indicators
- Make a plan to address physical and psychic stressors
- Define terms like Zoom Gloom, Dissonance, and Eustress
- Understand how they and/or others can simultaneously have too much AND not enough time and social contact

Following Dr. Sharp's presentation, there will be Q&A and he is open to questions on stress, psychological first aid, stress management, and self-care.

About our Guest Speaker: Dr. Sharp began his career as a high school social studies teacher who became interested in why some students learn and some did not. This interest led him to the study of psychoanalysis. He enrolled at Boston Graduate School of Psychoanalysis where he earned his Doctorate degree. Dr. Sharp now teaches at BGSP, as well as Northeastern University. In addition, he has a private practice in Brookline for adults, children, and groups. Follow him on Twitter @DrWilliamSharp

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