

# Learning to Say No for Work-Life Balance



## ABOUT THIS WEBINAR

Preventing burnout and effectively managing stress are critical skills for military service providers who often juggle demanding roles. This webinar provides actionable strategies to maintain a healthy work-life balance while meeting professional responsibilities. Attendees will learn to communicate boundaries clearly, strategically, and respectfully, ensuring professional relationships remain intact. The session will explore methods for effective delegation, enabling participants to optimize their workload, focus on core priorities, and reduce stress. Additionally, attendees will discover approaches to assess and sustain equilibrium between work and personal life, along with techniques to overcome common emotional barriers, such as resentment and guilt, that often hinder boundary-setting. By fostering a healthier mindset for self-care and productivity, this session equips military service providers with the tools to sustain their well-being while supporting others.



### Learning Objectives

- Discover how to communicate boundaries clearly, strategically, and respectfully without compromising professional relationships.
- Explore methods to delegate tasks effectively, enabling you to focus on core priorities and reduce stress.
- Identify approaches to assess and maintain equilibrium between work and personal life.
- Address common emotional barriers that hinder boundary-setting, such as guilt and fear of resentment while fostering a healthier mindset for self-care and productivity.



## PRESENTER

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## EVENT PAGE

<https://oneop.org/learn/160077/>

## CONTINUING EDUCATION

- **Social Work, LPC, LMFT:** This webinar is pending approval for 1.0 continuing education (CE) credits from the University of Texas at Austin, Steve Hicks School of Social Work.
- **Case Manager:** This webinar is pending approval for 1.0 continuing education (CE) clock hours from the Commission for Case Manager Certification (CCMC).
- **Board Certified Patient Advocates (BCPA):** This webinar is pending approval for 1.0 continuing education (CE) contact hours by The Patient Advocate Certification Board.
- **Certified in Family & Consumer Sciences (CFCS):** This webinar is pending approval for 1.0 continuing education (CE) credits from the American Association for Family and Consumer Sciences (AAFCS).
- **Certified Family Life Educators (CFLE):** This webinar is pending approval for 1.0 continuing education (CE) credits from the National Council on Family Relations (NCFR).
- **Certified Health Education Specialist (CHES) and Master Certified Health Education Specialist (MCHES):** This webinar is pending approval for 1.0 continuing education credit from the National Commission for Health Education Credentialing (NCHCEC).
- **Michigan Certified Teachers:** This webinar has been approved for 1.0 SCECH from the Michigan Education Association's Center for Leadership and Learning.
- **Human Resource Professionals:** This webinar is pending approval for 1.0 continuing education (CE) credit from the Society for Human Resource Management (SHRM).
- **Certificates of Attendance** are available for those interested in additional documentation of professional development activities.