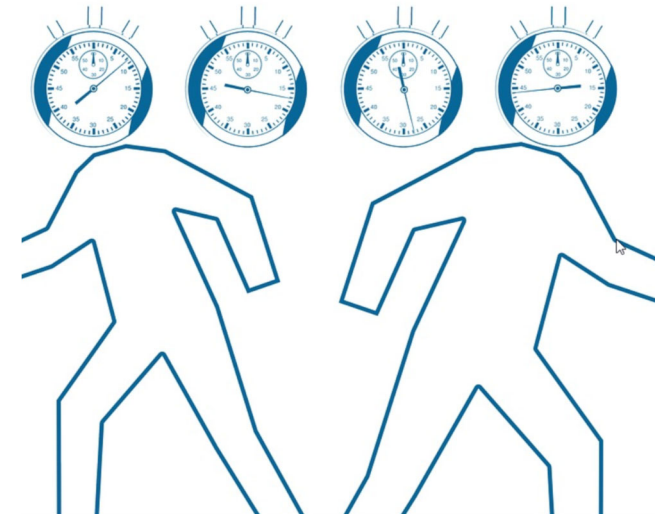


Stress Management Roads Scholar Workshop: 4 Supervisory hours



Disclaimer: The town acknowledges and accepts that its participating representatives are acting in their scope of employment while attending this workshop.

Cancellation Policy

If you need to cancel your registration, please call us since we often have waiting lists for classes. Someone may substitute for you at any time. We will notify registrants if the workshop needs to be cancelled for any reason. If you have any concerns about the weather or other circumstances that may affect the workshop please call 802-828-3537.

Photos/Videos: By registering for this workshop, you understand and agree that VLR will be taking photos and may publish them in any format or media without additional permission from you if you are in the photo.

2020 workshop presented by the Vermont Local Roads Program.

**Sponsored jointly by the
Federal Highway Administration**

&

Agency of Transportation.



Please register me for the "*Stress Management!*" workshop:

Name _____

Town Address _____

Municipality/District/Agency _____

Area Code/Phone _____

Email _____

Thursday, April 16, 2020 - Winhall Town Office, 115 VT-30, Winhall, VT

Thursday, August 27, 2020 - VTrans Training Center, 1716 US Route 302, Berlin, VT

Thursday, October 8, 2020 - Colchester Town Office, 781 Blakely Road, Colchester, VT

Vermont Local Roads Program | VTrans Training Center | 1716 US Route 302 | Berlin, VT 05633-5002

Instructor

Todd Eaton - VT Local Roads Technical Assistance & Training Specialist

Todd has nearly 20 years of experience in various disciplines of construction including 9+ years in heavy highway construction supervision, inspection, and design of maintenance projects and traffic safety plans. Safety inspection and compliance has always been his focus and expectation throughout Todd's career. He also holds several professional certifications including Northeast Transportation Technician Certification Program (NETTCP), American Traffic Safety Services Association (ATSSA), and Occupational Safety and Health Administration (OSHA).

STRESS
The Nation's #1 Killer

About

What is stress management?

Stress management consists of making changes to your life if you are in a constant stressful situation, preventing **stress** by practicing self-care and relaxation and **managing** your response to stressful situations when they do occur.

The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on.

Audience

Everyone!

Stress management is an essential skill for all employees, from management to non-management workers.

Maximum class size 25

Objectives

- Understand the potential impact of stress on our health
- Learn and practice coping strategies for reducing the negative impact of stress in our lives

REGISTER ONLINE AT:
localroads.vermont.gov

Or through LMS at:
vermont.csod.com

MAIL TO:
Vermont Local Roads Program
VTrans Training Center
1716 US Route 302
Berlin, VT
05633-5001

Fax:
802-828-1932

Questions please call:
802-828-3537

Class Running Time

8:00 am - 8:15 am: Registration
8:15 am: Workshop Begins
12:30 pm Workshop Ends



Locations

Thursday - April 16, 2020
Winhall Town Office

Thursday - August 27, 2020
VTrans Training Center

Thursday - October 8, 2020
Colchester Town Hall (2nd floor)

Maximum 25 students.