

The Myth of Work/Life Balance: Life First

The burnout for non-profit and social workers is rooted in the sense of urgency that comes with helping others. Unlike corporate settings, most of us feel "called" to this work and it is, therefore, very personal. The personal and urgent nature of working with and for others can create the perfect storm for burnout. Terms like "self-care" and "work-life balance" get thrown around often, but what exactly does it mean and how do we actually practice the care and balance we need in order to not burn out?

Speaker: Liz Mims, Director of Community Engagement (Dress for Success Pittsburgh)

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Navigating Trauma in Property Management: Healing and Hope for Housing Professionals

"Navigating Trauma in Property Management: Healing and Hope for Housing Professionals" will equip you with essential strategies to manage and mitigate the impacts of trauma on tenants and staff alike. Learn how to create supportive environments, enhance communication, and foster resilience within your community. This session will provide practical tools and insights to transform challenging situations into opportunities for healing and hope, ultimately leading to healthier, more cohesive housing communities.

Speaker: Charlise Smith (WAVE)