

## **Moving Forward in Uncertain Times**

**10-11 AM**

**Wednesday, August 5, 2020**

**Robert Scholz, M.A., LMFT, LPCC**

As staff and faculty prepare for the 2020-2021 academic year, most are faced with a variety of emotions and challenging decisions. How will I complete my work while managing the stressors at home? What will a virtual start of a new school year look like and how will it impact my students? How can I continue to find hope in the midst of so much loss? What if I or a student I know gets sick with COVID?

Yet in the midst of these questions and challenges, new and returning students will "enter" our lives looking for some sense of normalcy during an unprecedented time of unexpected change. While hope and some silver linings continue to emerge at times, grief, anxiety, frustration, and internal conflicts are the norm for many of us, too. This webinar will provide participants with tools for coping with challenges you may be facing and offer strategies for enhancing positive emotions. The concept of a "parallel process" will be explored as it relates to teacher/student and supervisor/employee relationships, and how we can mindfully work together to develop working environments filled with compassion, acceptance, and excellence. Time for discussion and questions will be offered during the latter part of the presentation.

The presenter for this webinar is **Robert Scholz, M.A., LMFT, LPCC**. Robert has served in many clinical and leadership roles over his twenty-five years working with individuals, families, and organizations. Robert is highly regarded for his work in the crisis management field, and provides consultation and training to many universities, schools, churches, and mental health agencies. Robert worked for over a decade within the Pepperdine Counseling Center, and has been a

frequent contributor to the Pepperdine community as a consultant and trainer for the past several years.

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