



The Importance of Wellness while Working from Home

**Wednesday, July 22, 2020
10-11 AM**

**Dr. Jodi Senk
Associate Professor at Rio Hondo College**

Working virtually can be more stressful and time-consuming than the in-person work environment. This session will provide strategies for work-life balance, including stress management, proper nutrition and hydration choices, and integrating breaks to ensure body movement, exercise integration, and adequate sleep.

Dr. Senk is a higher education professional and health and fitness expert. She has experience with managing and overseeing the operations of college athletics, fitness, and education facilities. She has directed distance education, served on hiring committees, and was the treasurer on the executive board of the faculty association. Dr. Senk also owns a consulting business, Personal Braining®, and works with leadership teams for development and strategizing best practices to enhance employee performance.

She holds a Doctor of Education in Organizational Leadership from Pepperdine University, with training in areas such as law and dispute resolution, ethics, problem-solving, research, e-learning, organizational behavior, policy development, change management, and strategic planning. In addition, she earned a Master of Arts in Education and Sport Studies, and a Bachelor of Science in Exercise Science from the University of Connecticut.

A time of Q & A will take place at the end of the presentation.



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