



Keeping Focus while Working from Home

Wednesday, July 8, 2020

10 - 11 AM

Dr. Jodi Senk
Professor at Rio Hondo College

Navigating the virtual milieu is a different skill than the traditional in-person setting. This session will discuss how to set up your workspace, organize your schedule, create to-do lists, and stay focused while working from home.

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.

[Register](#)



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