

EEC Corner Spotlight

Chapter Program & Projects

X Program Project Icebreaker

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| Title: Stress, Time Management, Communication and Mentorship |
| Summary: *(limit 100 words)*  For our opening meeting this year, Beta Xi Chapter invited counselors from Matters of the Heart Counseling, based in Gallatin, TN. Two counselors presented information about how roles of teachers have evolved especially in lieu Covid 19. We learned about stress on our bodies, how to manage/deescalate stress, how to communicate with peers about our stress, and mentor others, especially new to education teachers. |

*Contact Information:*

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| *Photo Release: (optional)*  X I give permission to the Tennessee State Organization of Delta Kappa Gamma Society International to use and publish my photos, videos, audios for EEC Corner Spotlight submissions. |

**Submit EEC Spotlight form to Orlean Bauman First Vice President to earn Maycie Points for a project or program submission-** [**ogbauman@gmail.com**](mailto:orleanbauman@gmail.com)

**NOTE: Chapters may also submit this form/information to the Tennessee State Editor for possible submission to the *DKG Tennessee News* to earn points for the Chapter Communication Award –** [**mnsteeneditor@gmail.com**](mailto:mnsteeneditor@gmail.com)

**Bottom Line – you are using one form for 2 purposes (EEC Submission and *DKG Tennessee News* Submission).**