

VERMONT BANKERS ASSOCIATION, INC.



PRESENTS

COPING WITH COVID-19: MANAGING RE-ENTRY STRESS SEMINAR

Thursday, June 24, 2021

8:30AM – 10:00AM

Virtually, via Zoom

With an end in sight to the restrictions of the COVID-19 pandemic, the re-entry back into “normalcy” has been a surprising source of worry for many. Being “deployed” back to original positions, returning to social gatherings, and changes to personal schedules are difficult even if the changes are positive. This one-and-a-half-hour interactive workshop will explore how “reentry” might be affecting you and how best to manage the stress effectively.

The Vermont Bankers Association is hosting this important and timely seminar to help people navigate re-entering the busy world. The focus will be on identifying and managing re-engagement anxiety.

Attendees will hear from Cath Burns, Ph.D., Quality Director, Vermont Care Partners, who will provide space to support you in sharing your unique concerns and reactions, as well as offer tools for coping and wellness through the re-entry process. Attendees will receive a digital handout on with helpful information.

Cost: \$299 per member bank, no limit on the number of attendees from your institution. The seminar will be recorded and made available to share with staff who cannot attend the live presentation.

About the speaker:



Cath Burns, Ph.D., is a Licensed Psychologist Doctorate in the State of Vermont and has been the Quality Director at Vermont Care Partners since 2015 supporting program improvement across the Vermont Care Partners’ network. Dr. Burns also practices in an integrated primary care pediatric practice, where she supports children, youth, and families. Dr. Burns has experience in a variety of clinical settings and the core of her work focuses on supporting individuals, families, and groups to feel healthy and well. She has provided training around the State for practitioners in community mental health and education and was an instructor at Johnson State College, the University of Vermont, and in the Program in Community Mental Health for graduates and undergraduates studying psychology and related fields. Additionally, Dr. Burns provides organizational facilitation for groups and businesses interested in developing action-oriented plans. Dr. Burns approaches all her work with best practices, pragmatism, action, and humor.

Dr. Burns earned a Ph.D. in Developmental Psychology and a Master’s degree in Psychology from the University of Vermont and a Master’s degree in Educational Psychology from the University of Colorado at Boulder. She continues to learn from the children, youth, families, and community partners she is asked to support. In her free time, Dr. Burns enjoys spending time with her family doing almost anything outside, particularly if it involves going up or down a mountain. Preferred pronouns: *(she/her)*