



Book Study

Contact/Moderator:

Jackie Schoening, CESA #6

jschoening@cesa6.org

(920) 236-0515

Technical Support:

Alie Hubing, CESA #4

ahubing@cea4.org

(608) 786-4807

Registration/Billing Support

Mary Devine, CESA #4

mdevine@cesa4.org

(800) 514-3075

Send Payment to CESA #4

923 East Garland Street

West Salem, WI 54669

ATTN: Mary Devine

With all checks or purchase orders, please include and clearly define: Participant name, exact name of workshop, and date. Thank you!

Notes:

This book study is hosted online and accessible 24/7 from any Internet-enabled device using the Canvas platform.

A document with access information and FAQs will be shared before the course begins.



The Age of Overwhelm

ONLINE BOOK STUDY

March 1-26, 2021

Laura van Dernoot Lipsky, author of *The Age of Overwhelm*, shows how a few subtle shifts can sustain us through being overwhelmed. Currently we may be overwhelmed by work or school, our families or communities, caretaking for others or ourselves, engagement in social justice, environmental advocacy or civil service. The author offers concrete strategies to help mitigate harm, cultivate our ability to be decent and equitable, and act with integrity. *The Age of Overwhelm* aims to ease the burden of overwhelm, restore our perspective, and give us strength to navigate what is yet to come.

Join us in a book study to share perspectives and find balance together!

Each week participants will be expected to complete the assigned reading, respond to one or more prompts posted by the facilitator on the group's discussion board, and engage with co-participants in discussing strategies.

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EACH PARTICIPANT MUST OBTAIN A COPY OF THE BOOK PRIOR TO THE START OF THE COURSE.

The Age of Overwhelm: Strategies for the Long Haul

by Laura van Dernoot Lipsky

Berrett-Koehler Publishers, Inc.; ISBN: 978-1-5230-9473-8

Event Fee: \$50.00 Payable to CESA #4

ONLINE REGISTRATION:

<https://login.myquickreg.com/register/event/event.cfm?eventid=28506>

This book study is approximately 20 hours of professional development.