



Green County Leaders 2020-2021: A Year of Adaptability

Leadership & Health & Wellness

Wednesday, December 9, 2020

Time: 12pm -- 1:30pm

Zoom Connection:

These meetings are held over Zoom. Registration is required ahead of time. Click [here](#) to register if you have not yet registered. After registering, you will receive a confirmation email containing information about joining the meeting.

Focus

In this session, participants will explore the importance of mental health and wellness. This session will include:

- Exploring the meaning of common humanity and how that could have potential positive impacts on community.
- Learn about the significance of challenging times and the impact that can have for a growth opportunity.
- Identify social connectedness and physical distancing.
- Updates on mental health and wellness resources in Green county.

This session is in partnership with Avenues Counseling in Monroe.

Information for Participants & Participant Expectations

- This will be an engaging session.
- This session will be recorded and posted on www.greencountyleaders.com a week after the session takes place.

Agenda

12:00pm -- **Welcome**

- 12:10pm
- Victoria Solomon, Community Resource Development Educator, UW-Madison Division of Extension Green County

12:10pm -- **Self Awareness in the Moment**

- 12:25pm
- Hannah McMunn, Health & Well-Being Educator, Extension Green & Lafayette Counties



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- 12:25pm -- **Transforming Adversity into Leadership Growth Opportunities**
1:20pm
- Megan Schilt, Founder and Clinical Director, Avenues Counseling
- 1:10pm -- **Green County Mental Health Resources & Updates**
1:20pm
- Bridget Mouchon-Humphrey, SWCAP Behavioral Health Program Director and Coordinator of Southwestern Wisconsin Behavioral Health Partnership
- 1:20 pm -- **Reflection & Next Steps**
1:30 pm
- Victoria Solomon, Community Resource Development Educator, UW-Madison Division of Extension Green County
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Purpose of Green County Leaders

Green County Leaders (GCL) is an educational program where individuals practice leadership skills, deepen their understanding of community issues, and prepare for leadership roles. This creates a network of active and visionary individuals who leverage their experience and expertise to benefit their community and local community-based organizations.

Green County Leaders provides equal opportunity in education and programming.