



CYBERALA

FREE Monthly Webinar Services Presents:

Elevate Your Online Energy

Tuesday, April 20, 2021 at 2 p.m. (Eastern)



“Zoom fatigue” describes the prevalent and intense tiredness, stress, and burnout associated with heavy use of Zoom and other platforms for virtual communication during the COVID-19 pandemic while professionals work and socialize almost entirely remotely. In this session with Christine Clapp from Spoken with Authority, you will discover specific habits you can adopt today to combat Zoom fatigue; improve your mindset; and help you stay engaged and energized when you work from home.

Objectives:

- Learn six habits that boost energy and combat Zoom fatigue in online meetings
- Become more enthusiastic and engaged in virtual situations

Christine Clapp, the founder and president of the Washington, D.C. based presentation skills consultancy Spoken with Authority, is the co-author of *Presenting Virtually: A Guide to Public Speaking in Online Contexts* as well as *Presenting at Work: A Guide to Public Speaking in Professional Contexts*. She holds two degrees in communication: a bachelor’s degree from Willamette University, and a master’s degree from the University of Maryland, College Park. She also taught public speaking to undergraduate and graduate students at The George Washington University for thirteen years.



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Handout will be available day of the event from our home page.

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