



[www.eopo-oh.org](http://www.eopo-oh.org)

Designed for the heartbeat of our schools—our Educational Office Professionals. This interactive workshop offers a space to reset and recharge. Join us to explore communication, stress management, and workplace wellness. Leave equipped with the tools you need to care for yourself while you continue to care for others.

- ✓ **Set Healthy Boundaries: Protect Your Energy and Time.**
- ✓ **Regulate Stress: Discover Tools for Real-Time Resilience.**
- ✓ **Build Connection: Foster Belonging and Workplace Empowerment**
- ✓ **Care For You: Leave Feeling Supported and Ready to Lead with Balance.**



# Wellness Workshop: Strength, Balance & Support for the Educational Office Professional of Ohio



**DONNITTA THOMAS, SWT  
INTERN, MSW CANDIDATE,  
MIAMI UNIVERSITY  
(EXPECTED MAY 2026)**

**Friday, October 2, 2026  
8:00 am to 3:45 pm  
at the Educational Service  
Center of Northeast Ohio  
(6393 Oak Tree Blvd., Independence, OH 44131)**

**Registration and Payment deadline is  
September 21, 2026.**

## EOPO Workshop Schedule & Session Highlights

### Ice Breaker: Filling Your Bucket

Understanding what fuels and drains you before diving into the work, we'll identify the habits, workplace dynamics, and stressors that impact your daily well-being. This session invites you to reflect on your personal "energy economy" to see exactly what fills your tank and what causes a leak.

### Topic 1: The Resilient Office

Don't Be a "But" — Be an "And". Building Resilience Through Communication shapes our reality. In this session, we explore how subtle shifts in communication can decrease defensiveness and increase resilience. Participants will practice reframing workplace conversations using "and" instead of "but" to foster collaboration during challenging times.

### Topic 2: Mindful Productivity

Just Because You Can, Doesn't Mean You Should: Protecting Your Energy Without Guilt. High achievers often struggle with the "curse of capability." This session focuses on boundary-setting as a vital tool for productivity. You'll learn how to protect your energy and prioritize tasks without the weight of guilt, ensuring your output is sustainable.

### Topic 3: Calm in the Chaos

Name It, Claim It, Release It: Managing what you can and can't control when the office gets hectic, grounding is key. We'll cover practical centering strategies to help you navigate mental health challenges in a high-pressure environment. By identifying what is truly within your control, you can release unnecessary stress and stay focused.

### Topic 4: The Empowered Office Professional

You Belong Here: Creating belonging through affirmation. We wrap up by strengthening the foundation of the office: the people. This closing session fosters a culture of belonging and mutual empowerment. Through reflection and affirmation, you'll leave feeling supported, connected, and reminded of the unique value you bring to your team.



## PRESENTER



**DONNITTA THOMAS, SWT  
INTERN, MSW CANDIDATE,  
MIAMI UNIVERSITY  
(EXPECTED MAY 2026)**

Donnitta Thomas, SWT, is a Master of Social Work candidate at Miami University (expected May 2026) and a registered Social Work Trainee through the Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. She currently serves as an intern at DBU Counseling Services, where she is deeply committed to empowering individuals and families through a client-centered approach that emphasizes personal strengths, resilience, and self-determination. Donnitta believes that every client possesses the tools needed for positive change, and her goal is to help them uncover and use those strengths to create meaningful solutions.

She earned her Associate of Arts degree cum laude from Cincinnati State Technical and Community College before graduating magna cum laude from Miami University with a dual Bachelor of Arts in English Studies and Psychological Science.

#### Areas of Focus:

- Adolescent Wellness and Development
- Spiritual and Faith-Integrated Wellness
- Individual Counseling
- Family Counseling
- Marriage Counseling
- Group Counseling
- Support Groups

### For Our Current Members:

- Early Bird Pricing: Secure the lowest possible rate by registering during the Early Bird window (before September 1).
- The "Plus One" Discount: Refer a guest on your registration form and if they register by August 1, you receive \$10 off your registration cost.
- Wellness Raffle Entry: Every member who brings a new registered guest is automatically entered to win a Special Wellness Basket—perfect for a post-conference recharge!

### For Our New Guests & Prospective Members:

If you're joining us for the first time, we want you to feel right at home with these exclusive offers:

- Early Bird Access: New guests are eligible for the Early Bird registration rate, ensuring an affordable first experience (register before September 1).
- Additionally, First Timers that register by August 1 will be entered into a drawing for a chance to win a SCHOLARSHIP to attend the October 2, 2026, Conference at no cost. (\$135 value) The winner will be announced on August 3.
- New Member Swag: All new members are entered for a chance to win a Special "New Member" Basket packed with EOPO gear and essentials.

**Registration and Payment deadline is September 21, 2026. Cancellations after September 21 will not receive a refund.**

#### REGISTRATION FEE:

EOPO Members EARLY BIRD \$135 (increase to \$145 after 9/1/26)

NAEOP Members \$145

NON-MEMBERS \$160; add a new membership (\$25) and pay 1<sup>st</sup> timer discount amount \$135

RETIRED and POPS Members \$105

First-time attendees receive a \$10 discount on registration

\$5.00 convenience fee to pay with credit card.

**REGISTER  
NOW**

### Discounted Overnight Accommodations

Reserve a room (1 king or 2 queen beds) at Holiday Inn Rockside-Independence (6001 Rockside Road, Independence, OH 44131) by September 19 to get EOPO Group discount price of \$122 + tax.

Dates: Thursday, October 1, 2026, to Friday, October 2, 2026

Reservations: call the hotel at 216-524-8050 and reference group Educational Office Professionals of Ohio (EOPO). Or, book online using the following link: <https://bit.ly/4rYvbfR>



## EOPO Board of Directors

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Open positions: President Elect,  
Nominations & Elections Chair, and  
Treasurer  
(all open positions are 2-year terms)

The Educational Office Professionals of Ohio (EOPO) is a committed organization that serves all educational office staff throughout Ohio, encompassing both public and private K-12 schools, as well as universities and colleges.

The Fall Conference is an annual gathering aimed at supporting and empowering administrative professionals working in educational offices across the state. This event provides a valuable opportunity for attendees to:

- Enhance their skills
- Expand their professional network
- Stay updated on the latest trends and best practices in educational administration

The EOPO Fall Conference not only encourages professional development but also cultivates a supportive community where participants can share experiences and address common challenges faced in educational offices.

We invite you to join us at the EOPO Fall Conference to invest in your professional growth and connect with a vibrant network of educational administrative professionals!

[www.eopo-oh.org](http://www.eopo-oh.org)

**Registration and Payment deadline is September 21, 2026. No refunds for cancellations after September 21, 2026.**



---AGENDA---

7:30 to 8:00 am

Registration, Networking, and Breakfast

8:00 to 8:30 am

Welcome and Announcements

8:30 to 9:15 am

Ice Breaker: Filling Your Bucket

9:15 to 9:25 am

Break

9:25 to 10:25 am

The Resilient Office

10:25 to 10:35 am

Break

10:35 to 11:35 pm

Mindful Productivity

11:35 am to 12:05 pm

Annual Meeting

12:05 to 1:05 pm

Lunch

1:05 to 2:05 pm

Calm in the Chaos

2:05 to 2:15 pm

Break

2:15 to 3:15 pm

The Empowered Office Professional

3:15 to 3:45 pm

Closing Remarks,  
Evaluations,  
and Raffles

Join us for a casual meetup at  
**The Impulse Lounge on  
Thursday, Oct 1.**

Whether you're looking to make  
new friends or catch up with old  
ones, we can't wait to see you there.

Where: Impulse Lounge at The  
Holiday Inn Rockside/Independence  
(6001 Rockside Road)  
6:00 – 8:30 PM

RSVP: Add this event to your  
conference registration.

Note: Menu items and drinks are  
self-pay.



**Applied for 6 PSP Hours**



**EOPO FALL CONFERENCE October 2, 2026  
REGISTRATION FORM**

**Register online at <https://eopo-oh.org/>**

Or return completed form with a check to:  
Lisa Zuk, EOPO, 24365 Hilliard Blvd., Westlake, OH 44145 (email: [zuk@wlake.org](mailto:zuk@wlake.org))  
Questions Call Lisa Zuk @ 440-653-3874

Make checks or purchase orders payable to: "Educational Office Professionals of Ohio"

Early Bird Special Deadline is September 1, 2026  
Note: \$5.00 convenience fee for credit card payments

Cost of Registration (check one):

- \$135.00 - EOPO Members Early Bird Discount (increase to \$145.00 after September 1, 2026)
- \$135.00 - EOPO Conference First Timer (receive a \$10 discount on registration)
- \$135.00 - EOPO Member Plus-One Discount (receive a \$10 discount for bringing a 1<sup>st</sup> timer that registers by August 1st)      Name of 1<sup>st</sup> timer: \_\_\_\_\_
- \$145.00 - NAEOP Members
- \$145.00 - EOPO Conference Member registering September 2, 2025 to September 21, 2026
- \$160.00 - EOPO 1<sup>st</sup> Timer + Annual Membership (\$10 discount on registration + \$25 membership)
- \$105.00 - Retired Members and POPS Members

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- \$25.00 - Renew membership (\$1 convenience fee added for credit card payments)
- \$10.00 - Retired membership fee (\$1 convenience fee added for credit card payments)
- \$10.00 - POPS membership fee (\$1 convenience fee added for credit card payments)
- \$20.00 - Associate membership fee (\$1 convenience fee added for credit card payments)

Name: \_\_\_\_\_ District/School Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Work Phone Number: \_\_\_\_\_

Any special dietary needs? \_\_\_\_\_

Will you be attending the social event on Thursday, October 1, 2026, @ 6:00 PM at Impulse Lounge at The Holiday Inn Rockside/Independence?  
 Yes     No     Maybe

I heard about EOPO through (name): \_\_\_\_\_

Total amount enclosed:\$\_\_\_\_\_ Check#\_\_\_\_\_ PO#\_\_\_\_\_ Invoice my district: \_\_\_\_\_

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