



EDUCATION COMMITTEE

At our Fall Section event, we are excited to host Matt Johnson, who will guide us through the journey of how to feel your best in all aspects of life. Matt's insights will focus on maintaining physical, emotional, and mental well-being, offering practical strategies to elevate your sense of fulfillment and balance. He will share valuable tips on how to cultivate daily habits that promote sustained energy and positive outlooks, helping attendees navigate challenges with resilience and optimism.

Additionally, we are honored to welcome Stephanie Rosales, who will speak on the critical importance of mental wellness in suicide prevention. Stephanie's discussion will highlight the role of emotional health in identifying warning signs, offering support, and fostering environments where mental health struggles are addressed openly and compassionately. Her talk will emphasize how mental wellness is not only a personal responsibility but a community-wide effort to ensure that no one feels isolated or without support during their darkest moments.

To better support our PGA professionals during the winter months, we plan to form a dedicated committee focused on researching and identifying effective ways to incorporate online learning into our programs. This committee will consist of experienced professionals, including educators, coaches, and tech-savvy PGA members, who will collaborate to explore the best platforms, tools, and teaching techniques available for virtual instruction. By reviewing existing online education models and gathering feedback from our professionals, we aim to develop a customized approach that caters to their specific needs, whether it's skills development, coaching techniques, or knowledge expansion in areas such as mental training and fitness.

The committee will also focus on ensuring that our online learning options are engaging, interactive, and accessible. This includes creating flexible, easy-to-navigate course structures, offering live sessions with experts, and providing a library of on-demand resources. By leveraging technology, we hope to keep our professionals connected and continuously learning, even during the off-season, allowing them to enhance their skills and knowledge base to better serve their clients and clubs once the season resumes.