

# CHELSEA THOMAS, LD5, SR1



Chelsea Thomas, LD5, SR 1 has been a member of Toastmasters International for over 2 years now. As a toastmaster she has served as VPM, VPE, Area Director and currently serves as President at Broadview Toastmasters Club #3303.

At the start of the pandemic Chelsea noticed the effects the pandemic was having on the mental health of those around her and decided to get certified in mental health first aid and launch a virtual party business. Her life experience, warm personality, and engaging speaking style is sure to help you shift your perspective on zoom burn-out, and hopefully help you better navigate managing your own mental health.

## Educational Workshop Session

**Please Don't Make Me Turn My Camera On!**

This education workshop session is conversation about:

**Zoom Fatigue and Mental Health**

