

Detroit Nonprofit Day: Self-Care, Beyond Burnout: Redefining Self-Care for the Nonprofit Sector

Workshop Description and Facilitator Information

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It's time to hang up your cape and realize you can't be all things to all people! The session will explore the benefits of self-care for you and your team. We will unpack some key approaches to putting self-care into practice in your organization to prevent turnover and invest in your team.

About the Facilitator



Mandy Sharp Eizinger, M.S., Program Manager

Mandy Sharp Eizinger joined the Johnson Center as a program manager in April 2020. In this role, she supports sector-wide learning and professional development programs. Mandy brings training in Gallup Strengths Coaching and a people-centered approach to developing individuals and programs to make meaningful and measurable impact.

Previously, Mandy served twelve years in nonprofit program management in Chicago, and led regional community engagement strategy with UNICEF USA, helping to amplify the organization's U.S.-based education, advocacy, and fundraising programs. Mandy led UNICEF USA's Global Citizenship Fellowship program in national recruitment, training, coaching, and professional development, and is proud to be among more than 75 fellows and alumni working in the social impact space around the world.

Mandy holds a Bachelor of Science in family community services from Michigan State University and a master's degree in public service management from DePaul University. She currently serves on the board of directors at Treetops Collective.

Mandy lives with her husband and their two young sons in Grand Rapids, and they are always up for ice cream, regardless of the weather. She believes nothing can beat a Lake Michigan sunset.