

# **The Differences Between Languishing and Flourishing in Athletic Training**

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## Presentation Learning Objectives

At the end of this presentation, attendees will be able to

1. Define languishing and thriving.
2. Explore self-care strategies to ensure thriving.
3. Explore organizational initiatives to ensure thriving.

Dr. Lindsey Eberman is a Professor and the Program Director for the post-professional doctorate in athletic training at Indiana State University. She earned her bachelors degree from Northeastern University in Boston, MA and her post-professional masters in advanced athletic training and doctorate in curriculum and instruction from Florida International University in Miami, FL. Dr. Eberman has been acknowledged with several awards recognizing her commitment to teaching, scholarship, and service to the profession at the local, state, regional, and national level. She facilitates doctoral student scholarship that improves the practice of athletic training and maintains a robust research agenda of her own amassing over 350 published manuscripts and abstracts. Dr. Eberman currently resides in Terre Haute, IN. She sees her most important role as the aunt to 3 nieces and a nephew. She enjoys cooking and baking, reading, exercising, and socializing with friends and family!