

**The Resilient Educator’s Toolkit:
Practices that Support Teacher Wellbeing**

October 19, 2021

Presenter: Alan Brown, Learning to Thrive, LLC

Location: Online – Access information will be emailed to registrants

Time: 9:00 a.m. to 12:00 p.m.

Registration Fees:	MUJC Members:	\$125.00
	Nonmembers with Subscription:	\$125.00
	Nonmembers:	\$140.00

As schools return to in person learning after more than a year of COVID teaching, it is more important than ever for educators to feel physically and emotionally well resourced. In order to create classrooms that support the wellbeing of children, educators must also focus on their own wellbeing. This online inservice will help educators employ wellbeing practices that support their own resilience and allow them to better show up for their students.

Participants will gain knowledge and skills in:

1. incorporating simple, evidence-based practices throughout the day to help educators foster a greater sense of balance and healthy perspective, as well as to help manage feelings of stress, overwhelm and burnout;
2. teaching efficacy and SEL delivery.

This inservice is online from 9:00 a.m. to 12:00 p.m.