

Self-Care:

Healing Circles

This seminar provides an overview of Healing Circles. Healing Circles create a safe space to acknowledge the impact of Covid-19 on the school community and for expressing emotions and concerns; to access the healing effects of connecting with others to deal with the impact on their lives. Teachers, staff and students will need time to transition back to school. To be at their best, educators need time to debrief, express their concerns on everything from personal and student safety to instructional practice, and acknowledge their own feelings of grief. Healing circles are built on a foundation of kindness and respect. Circle participants listen with compassion and understanding and hold all stories shared in the circle in confidence. All participants speak with intention and have an equal voice. (2 hour)

Workplace Wellness

Why are educators at risk for vicarious (secondary) trauma? This seminar will engage participants to discuss the unique challenges to wellness found in the education field and understand and practice effective strategies for wellness. (2 hour)

The Airplane Oxygen Mask Principle (AOM)

The Airplane Oxygen Mask principle seminar provides a forum for educators to engage in structured conversations around how to manage their well-being amidst the anxiety, preoccupation and uncertainty of the COVID-19 virus. This seminar highlights the importance of taking care of yourself before you can effectively take care of others, providing practical mindful strategies that can be used at home or at any location. (1 hour)

The Juggle

Working from home can have its challenges. Some of us juggle work, our children, the phone ringing, cooking, interacting with loved ones, interruptions, the list can go on and on. How can we manage all these distractions and still complete all the demands put on us? This seminar offers some practical tips to help you get organized. The seminar will provide you time to create a schedule for your demands at work while providing tips to manage your self-care. (1 hour)