



Interactive Training Experiences

Social Emotional Wellness for Teachers & School Staff:

How to Maintain Longevity Through the Chaos

Abstract

This workshop will acknowledge the mountain of hardships that teachers have had to endure in recent years. Teachers will be asked to reconnect with the reason they chose this field. Research regarding social emotional learning will guide teachers to appreciate how they are teaching youth the competencies that they will need for future employment and all other relationships in their lives. While teaching has always been recognized as a noble profession, we will look at how teachers have truly become first-responders in many ways and have risen to the occasion providing instruction while other professions transitioned to working from home. Interactive exercises will guide teachers to explore their own life domains that help them to rejuvenate. It will then dive deeper to discuss factors that help to decrease burnout so that teachers have a better chance of staying in the profession and having a lasting impact.

Objectives

At the conclusion of the workshop, teachers & school staff will be able to:

- Give themselves credit for teaching/serving through what is arguably the most challenging time in the history of teaching.
- List 3-4 social emotional competencies that they strengthen in their youth.
- Reconnect with their reasons for choosing their profession.
- Identify 2-3 strategies that they can employ to further strengthen their own mental wellness.
- Assess where they are in their work/life balance to recognize and name if there are any life domains that they'd like to create or strengthen.

Workshop Length: 90 minutes

(In-person or online option) In-person is recommended.

For online workshops, participants will be asked to keep their cameras on and participate via small group discussions and other interactive exercises.