THE TRI-ASSOCIATION INVITES YOU TO A TWO-PART WELLNESS SERIES FOR TEACHER LEADERS AND THOSE PREPARING FOR A LEADERSHIP ROLE

WELLNESS: RESTORING YOUR SPIRIT, BODY AND MIND
September 8 and 9, 2020 -- 4:30-5:45PM EST

PRESENTED BY: DR. FRAN PROLMAN
This pandemic has triggered a world-wide mental health crisis. We have paid an emotional toll due to too much isolation, fear and loneliness; along with too many disorienting events and changes required of us. In these two "Wellness Workshops" we will build our own virtual support community to stay connected, providing solace and a listening ear during these challenging times.

SESSION ONE
September 8, 2020
In our first session, you will:
• build your own psychologically safe community of learners and sharers of your experiences during this challenging time
• reflect on how grief, loss, trauma and anxiety has affected you during this Pandemic
• analyze your level of self-trust and expand your own self-trust and self-talk strategies when you are in self-doubt
• learn how to give yourself the gift of believing that “You are enough”
• model the techniques of grounding and calming to teach your teacher colleagues and your students

SESSION TWO
September 9, 2020
In this session, you will:
• continue to strengthen your psychologically safe environment, and reflect on which strategies are you intentionally incorporating to build both psychologically safe departments and teams, as well as for students in your classroom
• analyze your past self-care program when compared against six different areas of wellness. Based on your analysis, plan an expanded and more determined plan moving forward which address all categories
• expand your repertoire of strategies for quieting your sympathetic nervous system which makes you feel unsettled, anxious and agitated. Consider how you might, in turn, teach these strategies to your colleagues and your students

Registration and webinar link provided by The Tri-Association. Visit www.tri-association.org for more information.