RESTORING YOUR SPIRIT, BODY AND MIND
October 26 and 29, 2020 -- 4:30-5:45 PM EST

SESSION ONE
October 26, 2020
In our first session, you will:
• identify the Pandemic polarities which you now need to juggle as part of your leadership repertoire
• plan for implications of trauma and a school culture of self-trust for yourself and those around you
• reflect upon your level of self-trust and strengthen your emotional core

SESSION TWO
October 29, 2020
In this session, you will:
• increase your self-care strategies in six different areas of wellness
• expand your repertoire of strategies for quieting your sympathetic nervous system which makes you feel unsettled, anxious, worried and agitated
• model the techniques of grounding and calming to teach your teachers and in turn their students

PRESENTED BY: DR. FRAN PROLMAN

This pandemic has triggered a world-wide mental health crisis. We have paid an emotional toll from too much isolation, fear and loneliness; along with too many disorienting events and changes required of us. At the start of the new school year everyone is turning toward you, needing to see a face of hope and belief in teacher capacity to rise to the virtual challenge. School Heads and Senior Leadership Teams are needed to portray confidence and courage for their school community, and practice their own self-care strategies so they can be grounded for their faculty and school communities. Confidence and courage should include sharing your vulnerabilities (i.e., no one in the world has started a school year with COVID) asking for help and modeling continuous learning together.

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