



STAFF WELL-BEING WEBINAR SERIES

Resilient Practices for Educators, Staff Members, Administrators and Teams

Join [Alliance for a Healthier Generation](#) for a professional learning series on staff well-being, including stress management, holistic well-being, and positive work culture.

Social-emotional health matters as we continue to maneuver through challenging times. Practices in building resilience can improve overall job satisfaction and ensures we take care of our own health as we work with other adults and serve youth throughout California.

Registration is required: bit.ly/StaffWellBeingCDE

- Thursdays, 3:00 – 4:00 p.m. PT
October 21, November 11, December 9, 2021
January 20, February 17, March 17, April 28, 2022
- Each session will feature different strategies to help educators and school district staff prioritize their own well-being. Learn ways to combat burnout, set healthy boundaries, practice gratitude, and use feedback as an effective communication tool with colleagues, students and families.
- Online sessions can be accessed individually or by teams to learn strategies that are actionable and easy to integrate into daily routines, staff culture, and team meetings.
- [Attend all sessions live or register to receive the recordings.](#)



Staff well-being webinar series is provided in support from [California Department of Education](#) and [Kaiser Permanente Thriving Schools](#).





Staff Well-Being Webinar Series: Resilient Practices for Educators, Staff Members, Administrators and Teams

Registration is required for each webinar.

Thursday, December 9, 3:00 to 4:00 p.m. PST

Grow Relationships with Effective Complaining and Gratitude

Strengthen relationships with colleagues, students, and families with effective complaining and gratitude practices. After a deep dive into how effective complaining benefits interpersonal relationships, we will identify how we prefer to receive and give gratitude.

Thursday, January 20, 3:00 to 4:00 p.m. PST

Filling Your Cup: Positive Self-Care Strategies for Educators

Build a safeguard against burnout in the new year. We will practice effectively communicating our needs through mediation, boundary setting and gratitude practices. Self-care does not mean adding more to our schedule. It helps us thrive in and out of the work environment.

Thursday, February 17, 3:00 to 4:00 p.m. PST

Build a Positive Work Culture by Leveraging Team Members' Strengths

Apply strengths-based values to increase team effectiveness. We will reflect on our identities, values, and unique contributions to boost team dynamics. All school and district staff are welcome to join, including cafeteria workers, bus drivers, paraprofessionals, teachers, and administrators.

Thursday, March 17, 3:00 to 4:00 p.m. PST

Model the Path to Self-Regulation for Students and Colleagues

Empower others and ourselves to manage stress, delay gratification, stay organized, and act with agency over their lives. Self-regulation is a critical skill for young people and adults to navigate every facet of life. We will demonstrate self-regulation strategies in our Me Moments Toolkit, so we all can model self-regulation in our classroom and work environments.

Thursday, April 28, 3:00 to 4:00 p.m. PST

Give and Receive Feedback for Impactful Relationships

Use a strengths-based approach for more impactful feedback. Receiving and giving feedback does not always feel good, but strong teams rely on the clarity, accountability and vulnerable dialogue that feedback provides. We will discuss several types of feedback, the 'BOOST' model, and common pitfalls that make feedback challenging.