



FACULTY AND STAFF SELF-CARE WORKSHOPS

What does well-being look like for educators?

In this series of workshops, Dr. Jenn will guide adults in the school community to develop their own definitions of well-being for the seven dimensions of well-being including: cognitive, social, emotional, physical, spiritual, environmental and financial.

Using the resources Dr. Jenn provides, participants will then select practices and policies that make the most sense for them to implement, both at the individual and organizational levels. It's important for each person to have a picture of what their own well-being will look like AND what the institutional support looks like to make it happen.

In this inquiry, staff will:

- engage in play.
- engage in self-reflection.
- articulate the cognitive, social, emotional, physical, spiritual and environmental skills and processes they are using.
- review resources that will help them articulate how they would like to be well.
- develop plans that will help them to be well.
- create social support systems to help them be successful in working towards their well-being.
- create accountability structures to support the experimentation and implementation of these new learning experiences.
- identify tools they can use to help them track their progress towards their well-being.

Please reach out to Dr. Jenn to find out how she can customize your staff learning opportunities to help the adults in your school to thrive!