

HOME > NORTHWEST MHTTC >

EDUCATOR WELLNESS WEBINARS: SELF-CARE AND COMPASSION FOR THE EDUCATOR

Educator Wellness Webinars: Self-Care and Compassion for the Educator



Self-Care and Compassion for the Educator

A FREE Webinar Series for Educators

The **Northwest Mental Health Technology Transfer Center** and the **Northwest PBIS Network** are collaborating to bring you a **FREE**, 3-part webinar series presented by **WellEducator, LLC**.

The Self-Care and Compassion for the Educator webinar series is part of **The Back-to-School Series - Supports for Staff, Students & Families During COVID-19**. Click [here](#) to learn more about our series of webinars on concrete strategies to strengthen connections, promote mental wellness and resilience, and support everyone in the return to schools during a global pandemic.

RECORDING & PRESENTATION MATERIALS WILL BE POSTED ON THIS PAGE FOR ALL 3 WEBINARS AFTER EACH EVENT.

“I felt this training was super helpful and well worth the time. I loved how I am walking away from this training with concrete strategies and handouts that I can use.”

- Ivy K.

“A 'well worth your time' training with many practical tips that all educators should attend!”

- Mckenzie G.

About the Series:

At WellEducator, an educator is anyone who is professionally invested in helping students find



their connection • compassion • curiosity passions, raise their voices, and build their skills to support future generations in reaching their fullest potential.

NWPBIS is partnering with **Dr. Renee VanNorman** of **WellEducator, LLC** to bring you the most up to date research, suggestions, and exemplars on how to build wellness, and respond to life's challenging moments (in and out of the classroom) with self-compassion.

Educator stress and burnout has been reported as higher than any other profession (Stoeber, J., & Rennert, D, 2008). Stressors include lack of social/emotional training, ineffective interpersonal relationships, vicarious trauma, and unrealistic systems' requirements. Stressors impact

wellbeing and availability to effectively build high quality relationships with students. Educators inherently deserve support in nurturing their holistic wellbeing.

During these workshops participants will practice skills to decrease stressors on mind/body systems to stay connected to the wonders and curiosities of teaching using evidence-based mindfulness practices, radical acceptance and values-driven goal setting.

******Certificates of completion and Washington State clock hours will be provided for all 3 events.******

“Renee will guide professionals through important reflections about caring for self, being present and mindful. She has an engaging and inspiring way to teach great strategies for helping us incorporate self-care practices that are so important for mental well-being. Highly recommended.”

- Juliana M. (Educator & Health Coach)

“I feel so much hope now about tackling this year. I have a toolkit of self-care activities.”

- Susan L.

Webinar #1: Educator Wellbeing 101: Practical Tips to Help You S.O.A.R.

October 9th, 2020

3 - 4pm (Pacific Time)

Objectives:

- Understand stressors affecting educator wellbeing.
- Learn simple, but not always easy ways to decrease stressors.
- Create a Self-care Committed Action Plan.
- Learn and experience 3 mindfulness/meditation exercises.

Presentation Materials:

- **Reflective Notes**
- **Recording**
- **Committed Action Plan**

- **NWPBIS Additional Resources**
-

Webinar #2: Interrupt Unhelpful Habits Through Mindfulness Practices That Work!

November 12th, 2020

3 - 4pm (Pacific Time)

Objectives:

- Learn the benefits of mindfulness practices for educators.
- Understand how unhelpful habits are formed and how mindful practices can help interrupt a habit loop.
- Create a Committed Action Plan.
- Learn and experience several mindfulness/meditation exercises.

Presentation Materials:

- **Additional Resources**
 - **Reflective Notes**
 - **Recording**
-

Webinar #3: Build Educator Resilience Through Self-Compassion and Gratitude

December 11th, 2020

3 - 4pm (Pacific Time)

Objectives:

- Learn the benefits and importance of a practice of self-compassion and gratitude.
- Learn how to create a practice of self-compassion and gratitude to support your wellbeing.
- Learn and experience 3 mindfulness/meditation exercises.

Presentation Materials:

- **Reflective Notes**
- **Committed Action Plan**
- **Recording**

Want more information and school mental health resources? Visit the Northwest MHTTC's **School Mental Health page** and **sign up for our monthly newsletter** for regular updates about events, trainings, and resources available to the Northwest region.

CONTACT US

networkoffice@mhttcnetwork.org

650-721-8692



ABOUT THE NETWORK

About the MHTTC Network

Technology Transfer and Dissemination and Implementation Science

Collaborators

COMMUNICATION

Recent News

MHTTC Pathways Newsletter

PROJECTS

MHTTC Areas of Focus

School Mental Health

Workforce Development

EDUCATION

healthknowledge.org

[Training and Events Calendar](#)

RESOURCES

[Products & Resources Catalog](#)

[Spotlight on SAMHSA Resources](#)

GET HELP

[988 Suicide and Crisis Lifeline](#)

[Early Serious Mental Illness Treatment Locator](#)

findtreatment.gov

[SAMHSA's National Helpline: 1-800-662-HELP \(4357\)](#)

[SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or Text TALKWITHUS to 66746](#)



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

COPYRIGHT © 2024 MENTAL HEALTH TECHNOLOGY TRANSFER CENTER (MHTTC) NETWORK