

Way to Well-being for Educators

Date: October 18, 2021

Time: 3:30 PM - 4:30 PM (PST)

Register [here](#) (no cost & clock hours available)

The Way to Well-being workshop explores why resiliency is a challenging and necessary skill for educators. Participants will be introduced to an integrated set of free online tools, evidence-informed, and designed to build safe and supportive school climates with emphasis on the needs of staff.

In this session, participants will learn to:

- Describe how toxic stress and ACEs impact the whole school, including staff well-being
- Explain a framework to assess resiliency in the school environment, focusing on educational staff
- Identify at least 3 resources and/or activities to strengthen staff well-being

Who is this for?

- School or district staff, teachers and administrators (including nutrition services directors, wellness leads, classified staff, and more)

Learn more about Thriving Schools [here](#).

