

Upcoming Events

Presented by Healthier Generation & Kaiser Permanente

Build & Revive: Way to Wellbeing Series

2023-2024 Academic Year PD

All Sessions from 3:30pm - 4:10pm

October
4

Building Staff Relationships

Learn about the spectrum of relationships, how your identity shows up, and practices to transform the culture and climate of your school. Register [here!](#)

November
1

Building Gratitude

Build a sustainable gratitude practice! Learn new strategies and integrate them into current practices at your school or district. Register [here!](#)

January
3

Managing Workload

Educators, administrators, and school staff often feel overwhelmed. We will share practical ideas for how to manage workload and identify where to prioritize your time. Register [here!](#)

February
7

Build Dependability & Trust

Learn to define dependability with your colleagues and identify strategies to foster a climate of respect, trust and dependability. Register [here!](#)

April
3

Let's Talk About Boundaries

This training will focus on helping staff identify and reinforce their personal, team, and time boundaries and learn how to strengthen them. Register [here!](#)

May
1

Creating Positive Change

Learn about how to use Healthier Generations 6-Step Process and KP's 4-Step Model for using Feedback to meet your Wellness Initiative goals. Register [here!](#)

For more information or registration assistance, email julia.tycer@healthiergeneration.org