

# EDUCATOR WELLNESS

## 2 HOURS



This workshop focuses on prioritizing educators' well-being by offering strategies to enhance their mental and emotional health. It equips them with tools to thrive in the demanding field of education effectively.



WELLNESS

MENTAL HEALTH

BURNOUT

RESTORATIVE

STRATEGIES

REJUVENATING

EMOTIONAL HEALTH

SPECIALIZED



### TRAINING INCLUDES:

- 2 Hour Wellness Session
- In-person training
- Strategies and tools
- Follow-up support

L A I R P