

The Thriving Educator:

Using Science of Well-Being to Help
Ourselves Help Others

August 19, 2020 | 9 AM – 2:45 PM | Oshkosh

Stress ● Burnout ● Exhaustion

These are the feelings affecting many educators, coaches, parents, and adults. While our circumstances can affect us, they don't have to define us. In this talk, Chase Mielke shares teacher-tested, research-based practices on the science of well-being, using his own experience overcoming burnout to help others thrive. Participants will learn how to curate and leverage positive emotion, altruism, and self-direction to take control of our well-being and reignite our energy, purpose, and joy. We give our best when we are at our best and Chase Mielke will explain how.

WHO SHOULD ATTEND?

Everyone who cares about kids or is in a position to influence the mental health and wellness of all members of your school community. **School staff seeking to respond to educator resilience in the wake of Covid-19.** All school staff, coaches, clergy, and leaders of organizations who support healthy youth outside of school hours.

Allies in Mental Health Education (AMHE), a partnership between CESA 6 and CESA 7, is designed to grow existing knowledge and systems to better support students' mental health and wellness. The Allies in Mental Health Education Implementation Model brings the Wisconsin DPI's School Mental Health Framework to life via : Breaking down the stigma of mental health | Creating effective and systematic change | Breaking down barriers to academic achievement. Join us on the AMHE journey to tool up your school community (learner, family, school and community partners) by providing clarity, structure and implementation support to address mental health and wellness for ALL learners.

Looking for ideas to support staff resilience in the wake of COVID-19? This virtual workshop is for you!



CHASE
MIELKE

Chase Mielke is an award-winning high school teacher, speaker, and author of "The Burnout Cure: Learning to Love Teaching Again."

A Michigan Teacher of the Year nominee, Chase is dedicated to teaching the science of purpose, perspective, and perseverance.

His work has been featured on CNN, Greater Good Magazine, Educational Leadership, and Edutopia.

When he's not daydreaming about fresh dry erase markers and Barnes & Noble gift cards, he loves spending time with his beautiful wife and keeping his wild toddler from eating dog food and rocks.

DETAILS

Register online: <https://www.cesa6.org/events/>

Registration fee:

- 1-3 team members - \$125 per person
- 4-8 team members - \$100 per person
- 9 or more team members - \$85 per person

Times: 9 AM - 2:45 PM

Location: Virtual Platform/Zoom

Questions? Debbie Pinkerton, Program Assistant

- (920) 236-0548 | dpinkerton@cesa6.org