



ONWARD: Cultivating Emotional Resilience in Educators

June 16 & 17, 2021

8:30 AM—3:30 PM

**Registration 8:00 AM Continental Breakfast (8:00AM) and Lunch Included
Hortonville High School**

155 Warner Street, Hortonville, Wisconsin

About This Program:

This workshop begins by reflecting on your own emotional resilience, then exploring and practicing coaching strategies to do similar work with others. Coaches play a critical role in cultivating an educator's ability to manage stress and respond to adversity, and therefore, coaches can mediate the impact of burnout, including high turnover of educators. To do this, coaches need a refined and specific skillset to understand emotions, know how and where to intervene in an emotional cycle, and build the capacity of another to manage their emotional experiences.

Participants Will:

- Employ various approaches to respond to and manage the emotions of self and others
- Understand the cycle of an emotion and the greatest points of intervention to build resilience
- Know how to build the habits of a resilient educator and understand the dispositions that are strengthened by doing so
- Identify moments where resilience can be cultivated and use a range of strategies to do so
- Connect efforts to build resilience in adults to the task of creating equitable schools and transforming the experiences of children

Who Should Attend:

This workshop is relevant to anyone working who seeks a deeper understanding and wider skillset for responding to the emotional experiences of adults.

**Each Registration includes a copy of
Onward: Cultivating Emotional Resilience in Teachers
(Aguilar, 2018)
and the accompanying workbook.**

About our presenter:

Janet has been in education for over 20 years, teaching, coaching, and designing and facilitating professional development. She is a certified coach in the Art of Coaching and has been a certified yoga instructor for the past 15 years. Janet's work focuses on developing the content for the Onward website and facilitating the Onward workshops.



Register [here](#) or at bit.ly/2S6z1Ur

WASCD Member Cost:

1-4 district registrations: \$299

5-10 district registrations: \$249

11 + district registrations: \$174

Prices will increase after May 1, 2021

Non-Member Cost:

1-4 district registrations: \$379

5-10 district registrations: \$329

11 + district registrations: \$199

Questions:

office@wascd.org or

715-453-2141 X 1400

Hotel Accommodations: Home2 Suites, Grand Chute—Call 920-739-8440—WASCD Block