



ALLIES IN MENTAL HEALTH EDUCATION

The Show Must Go On: Strategies for Educators Building Resilience & Fighting Disengagement

Virtual Format

November 6, 2020 | 9:00 a.m. - 11:30 a.m.

TOPICS:

- Burnout
- Educator Mental Health
- Resilience
- Organizational Strategies for Support: Systems Change

The focus in education has zeroed in on student mental health issues and what mindfulness can do in the classroom, but the topic of teacher mental health and social-emotional support for educators is just gaining traction. This session addresses the importance of reflecting on our own fatigue and resilience as we seek to support our students' social-emotional health, especially in these challenging times. We will dig into specific strategies to support educator resilience and discuss resilience planning on a systemic/organizational level, all of which contribute to a trauma-informed system.

OUTCOMES:

- Reflect on educator burnout and the engagement continuum
- Explore strategies to support educator resilience
- Explore organizational strategies for engaging in systemic resilience support

WHO SHOULD ATTEND?

Mental health teams, educators, school leaders, wellness coordinators, mental health navigators, **school staff seeking to respond to teacher resilience in the wake of COVID 19.**

REGISTRATION DETAILS:

Registration Fee:
\$75 per person

Register Online here:
<https://bit.ly/2QRwNIg>

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NATIONAL EXPERT WORKSHOP



MANDY
FROEHLICH

EDUCATOR

AUTHOR

CONSULTANT

Mandy Froehlich passionately encourages educators to create innovative change in their classrooms. A former Director of Innovation and Technology, technology integrator, and teacher, she has experience at many levels of the organizational structure. Her interest lies in reinvigorating and re-engaging teachers back into their profession, as well as what's needed to support teachers in their pursuit of innovative and divergent thinking and teaching. Mandy is the author of 4 books that address mental health awareness and organizational structure, the engagement continuum, and strategies to support resilience.

For more information visit: Divergent edu: <https://mandyfroehlich.com/>

