

# ● Educator Empowerment: Proactive Mental Health Tools to Combat Burnout & Enhance Professional Impact

*"By far the best training  
I've attended to date.  
You'll find a new perspective  
and leave with hope."*

## IMPACTFUL



*Strengthen your mental health literacy & learn  
less well-known yet highly effective mental  
health tools & stress-management strategies.*

## UPLIFTING



*February + March = Farch....we could all use a bit  
of rejuvenating energy this time of year, right?*

## ENLIGHTENING



*Learn solution-focused processes to equip you  
to navigate the challenges that come your way.*



### **Brittany Meoska**

MSE, CPCC, PCC  
HS Counselor turned  
Certified Professional  
Coach & Speaker

# February 23, 2024 | 9 AM to 3 PM

\$250/Person - Lunch Provided

**[REGISTER HERE](#)**

Includes Zoom Reinforcement Session - Date TBD!

*"...a great tool-  
builder focused on  
self-care without just  
telling you to take  
care of yourself."*

*"This workshop was amazing!  
I learned not only tools and ideas to  
use with my students, but I also  
learned so much about myself. I feel  
that everyone working in a school  
could benefit from this training."*

*"I have a renewed  
sense of hope after  
attending this  
workshop - so  
powerful!"*

## ● QUESTIONS?

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## EVENT AT CESA 4

923 E Garland Street  
West Salem, WI 54669

