

Presenting our
newest class:



Building a Balanced Life

SUPPORTING THE WELL-BEING OF EDUCATORS

DON'T BURN OUT THIS YEAR. JOIN US & FOCUS ON:



YOUR OWN WELL-BEING



**BRINGING EXCITEMENT
AND CREATIVITY TO
YOUR PERSONAL AND
PROFESSIONAL LIVES**



**DISCOVERING YOUR
INNER SUPERHERO**

This course package includes:

MONTHLY VIRTUAL SELF-CARE ACADEMIES: The time and opportunity for you to take time to take care of yourself and learn how to support your well-being during these unique times. You can look forward to experiencing: Support in creating personal self-care routines and goals, reflective journaling and discussions, grounding and relaxing meditations, hands-on well-being activities and connection with other educators.

TEA TIMES WELLNESS NEWSLETTERS: Our monthly newsletters will be delivered to your email inbox and include simple tips and tricks for self-care supporting all areas of wellness. There will also be videos embedded for you to explore and an option to listen to the newsletter.

WELLNESS CHALLENGES: Each month, you'll receive an email highlighting our upcoming wellness challenge. You always have the option to "opt-out" if a challenge doesn't resonate with you. These challenges are developed based on your feedback and needs and will enhance your physical, mental, emotional, social, and financial wellness skills in a motivating, encouraging, supportive way.

WELLNESS RETREAT: This half day, in-person retreat will be a day of indulgence designed to help educators rejuvenate and develop skills they can carry with them into the future. The retreat includes a swag bag and a healthy meal.

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MEMBER PRICE \$30

**REGISTER
NOW**