

creating **RESILIENCE** in principals and administrators

April 18
3:45-5:15 pm
virtual

MORE INFO

Principals have numerous leadership roles within a complex system. Recent changes in education and the effects of the pandemic have compounded the stress experienced by principals, who are already overworked and overloaded. As stress and burnout intensifies, principals may begin to doubt their ability to fulfill their duties. To be successful, it is important for principals to have effective skills and strategies to deal with stress and support their own well-being. This workshop is led by Mark Greenberg and Christa Turksma.

Mark Greenberg is the founding director of the Edna Bennett



Pierce Prevention Research Center and is Emeritus Professor at Penn State. Mark began his career in prevention research 40 years ago because he wanted to intervene with families and children in early development, before they could form serious mental health or drug and alcohol problems. Currently, his areas of research include prevention of behavioral health problems, and promotion of wellbeing in youth and their caregivers. Mark's most recent interest is researching theory and testing effects of programs that facilitate mindfulness and compassion.

Christa Turksma was a kindergarten teacher and principal



before becoming a child-clinical psychologist. She has worked on various research and intervention projects, and over the past 30+ years, has trained thousands of teachers in the PATHS curriculum.

Christa is a co-developer of the CARE program and has adapted the program to fit the needs of administrators and principals. She currently serves as the Director of Training for CARE, coordinating all workshops and the certification of new facilitators.

Workshop Goals

- Understand the concept of mindfulness and how this supports resilience
- Understand the importance of emotions in learning and interactions
- Experience and reflect on the effect of mindfulness practices as a participant
- Gain new skills to promote positive leadership and well-being



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