

Agenda

Wellness for Educators Institute

Santa Fe, New Mexico • December 9–10

Thursday, December 9

7:00–8:00 a.m.	Registration
	Continental Breakfast
8:00–9:45 a.m.	Welcome & Keynote —Tina H. Boogren <i>Physical and Mental Wellness as the Foundation for Living Your Best Life</i>
9:45–10:00 a.m.	Break
10:00–11:30 a.m.	Breakout Sessions
11:30 a.m.–1:00 p.m.	Lunch (on your own)
1:00–2:30 p.m.	Breakout Sessions
2:30–2:45 p.m.	Break
2:45–3:45 p.m.	Closing Session With Audience Participation <i>Presenters guide your self-reflection at end of Day 1.</i>

Friday, December 10

7:00–8:00 a.m.	Registration
	Continental Breakfast
8:00–9:45 a.m.	Welcome & Keynote —Timothy D. Kanold <i>Emotional and Social Wellness as the Pathway to Living Your Best Life!</i>
9:45–10:00 a.m.	Break
10:00–11:30 a.m.	Breakout Sessions
11:30 a.m.–1:00 p.m.	Lunch (on your own)
1:00–2:30 p.m.	Breakout Sessions
2:30–2:45 p.m.	Break
2:45–3:45 p.m.	Closing Session & Celebration! <i>Presenters guide your self-reflection and plans for future wellness.</i>

Agenda is subject to change.

Day 1 Breakout Sessions

10:00–11:30 a.m.

Tina H. Boogren	Sleep Routines: Why Sleep and Rest Matter and How to Get More of Each
Timothy D. Kanold	Balance Routines: Living the Quadrant II, High-Energy, and Well-Balanced Life Every Day!
Jasmine K. Kullar	Food Routines: Eating Healthy and Getting Active
Paula Maeker	Movement Routines: Ditch the Desk! Engaging the Brain in Movement and Mindfulness in the Classroom Setting

1:00–2:30 p.m.

Tina H. Boogren	Decision Routines: Avoiding Mental Exhaustion
Timothy D. Kanold	Movement Routines: Giving Movement Clout!
Jasmine K. Kullar	Efficacy Routines: Boosting Your Confidence to Be Your Best Every Day
Paula Maeker	Efficacy Routines: Something Is Always Going Right

Day 2 Breakout Sessions

10:00–11:30 a.m.

Tina H. Boogren	Trust Routines: Getting Comfortable With the Uncomfortable
Timothy D. Kanold	Mindfulness Routines: Overcoming Everyday Obstacles by Falling Up!
Jasmine K. Kullar	Relationship Routines: What Is Your Body Language Communicating?
Paula Maeker	Awareness Routines: Creating Community and Cultivating Collaborative Relationships Through Emotional Awareness

1:00–2:30 p.m.

Tina H. Boogren	Purpose Routines: Finding Your Deeper <i>Why</i> and Identifying Your Core Values
Timothy D. Kanold	Relationship Routines: Why Helping Others Drives Our Success!
Jasmine K. Kullar	Understanding Routines: Responding Versus Reacting to Emotional Stress
Paula Maeker	Relationship Routines: An Attitude of Gratitude—Paving the Path to Compassion

Session Descriptions

Tina H. Boogren

Physical and Mental Wellness as the Foundation for Living Your Best Life

It is within every educator's grasp to live our best lives and offer our best selves to those we serve. We *can* bring our best selves to work every day! But what does that entail?

Tina H. Boogren sets the stage by reviewing the Wellness Solutions for Educators framework, an evaluation tool to achieve enhanced well-being. She then dives deeper into the first two dimensions of the framework—physical and mental wellness. Expect to be reinvigorated, reinspired, and reconnected to our greater purpose as we move into two incredible days of growth and learning.

Attendees will:

- Discover what it means to bring our best selves to work each day.
- Understand the essential research behind the Wellness Solutions for Educators framework and how it relates to student achievement.
- Examine physical and mental wellness and practice routines and strategies for each.

Sleep Routines: Why Sleep and Rest Matter and How to Get More of Each

Ah, the power of sleep and rest! We know we need it, but it can be so hard to get it. Tina H. Boogren helps participants understand why sleep is an essential aspect of physical wellness and how to support ourselves as we improve this routine. Come to this session ready to learn and practice sleep and rest strategies.

Participants can expect to:

- Discover essential research associated with sleep and rest.
- Explore sleep and rest strategies and learn how to incorporate these into daily life.
- Practice with guided support and opportunities for reflection.

Decision Routines: Avoiding Mental Exhaustion

Educators make 1,500 educational decisions per day and over 35,000 decisions in a school year. And that is *exhausting*. An essential aspect of mental wellness is avoiding decision fatigue and mental exhaustion by reducing, automating, and regulating decisions. Tina H. Boogren helps attendees build individualized game plans to implement immediately, centered on decisions that educators make each day.

Participants can expect to:

- Discover the essential and fascinating research associated with decision fatigue, tailored to the lives of educators.
- Understand the impact of decision fatigue on students and student achievement.
- Explore a concrete plan to avoid decision fatigue and mental exhaustion.

Tina H. Boogren

Trust Routines: Getting Comfortable With the Uncomfortable

Learning how to be vulnerable can feel uncomfortable and intimidating, yet vulnerability is the key to trust and an essential aspect of our social wellness. As we work to develop deeper and stronger relationships, we must learn how to get comfortable with the uncomfortable through vulnerability and the art of deep listening without judgment. During this interactive session, Tina H. Boogren guides participants through exercises that build trust and strengthen relationships.

Participants can expect to:

- Understand how trust is built and what *vulnerability* really means.
- Explore the art of deep listening and how to set aside judgment and build trust.
- Experiment with safe, trust-building activities to use at home and at school.

Purpose Routines: Finding Your Deeper *Why* and Identifying Your Core Values

As educators, staying connected to our purpose and identifying our core values are essential. Our *why* is our purpose and guiding light; it keeps us going. When we know our *why*, we're better able to handle stress and regulate emotion. When we identify our values—and live our lives accordingly—we walk our talk.

Tina H. Boogren leads activities and reflections that reunite educators with their deepest *why*, identify core values, and help apply those values to professional and personal life.

Participants can expect to:

- Understand how daily work feeds into a greater purpose and helps educators find meaning and joy.
- Tap into a deeper *why* when facing challenges and struggles.
- Identify how core values play out in daily life.

Timothy D. Kanold

Balance Routines: Living the Quadrant II, High-Energy, and Well-Balanced Life Every Day!

High expectations and the sometimes-chaotic life with students and colleagues can be overwhelming and exhausting. Timothy D. Kanold illustrates how to live a healthy, high-energy, and well-balanced daily life as a way to avoid mental exhaustion and potential burnout.

Dr. Kanold notes, "Some stress is good for us, but prolonged stress, not so much." He describes how to stay busy without being hurried, using strategies to engage in meaningful Quadrant II activities daily. As a result, attendees can overcome obstacles and adversity in order to "live your best life" day after day.

Dr. Kanold helps attendees:

- Understand happiness as a high positive energy state.
- Learn differences between happiness and joy.
- Discover how to avoid a high negative energy state each day.
- Pursue and sustain a well-balanced and *reflective* personal and professional life that positively impacts students and colleagues.

Timothy D. Kanold

Movement Routines: Giving Movement Clout!

Working on physical wellness isn't easy, and it impacts all other dimensions of educator wellness. Whether we are novice or expert teachers, we thrive when harnessing the power of physical movement. Movement helps us be our best today and every day! Yet, we often do not have enough energy to give movement the clout it deserves.

Timothy D. Kanold helps participants master daily routines of movement through deliberate practice and developing new habits. Educators should come ready to start and sustain a movement plan for life!

Participants can expect to:

- Discover brain research associated with movement and learn why movement is essential for overall wellness and well-being.
- Explore strategies for developing new habits of movement combined with deliberate practice and learn how to incorporate these into your life.
- Design a physical movement plan with guided support and opportunities for reflection.

Emotional and Social Wellness as the Pathway to Living Your Best Life!

Timothy D. Kanold extends the foundational wellness work from Day 1 by taking a deep dive into the relational dimensions of the Wellness Solutions for Educators framework—emotional and social wellness. Participants are reminded to live their best lives for the benefit of others as they move into this second day of growth and learning *together*.

Participants can expect to:

- Examine the second two dimensions of the Wellness Solutions for Educators framework—social and emotional wellness—and consider specific routines and strategies associated with each.
- Discover what it means to be happy and joyful at work.
- Consider essential research behind compassion and self-compassion as a pathway to avoid emotional exhaustion and burnout.
- Discover ways to improve social intelligence.
- Become aware of positive impacts on others, despite eventual obstacles.

Timothy D. Kanold

Mindfulness Routines: Overcoming Everyday Obstacles by Falling Up!

Our life is anything but certain. We have many stories of adversity. There are unexpected surgeries, job transfers, financial losses, personal losses of loved ones, sicknesses, promotions, achievements, pandemics, and more. And yet, we adapt, we shift, we alter, and we *adjust*.

Timothy D. Kanold leads participants through a series of possible response strategies to the adversity they are sure to face every school season. One strategy is to react negatively and create further negative consequences. A different strategy is to respond positively by *falling up*. As a result, educators are stronger and more capable than before the adversity occurred in their professional and personal lives.

Participants can expect to:

- Identify current core obstacles to daily life.
- Understand how to overcome disquiet and adversity in daily life.
- Discover differences between healthy and unhealthy anger and perfectionism.
- Examine how to let obstacles lead the way forward.

Relationship Routines: Why Helping Others Drives Our Success!

Small acts of generosity trigger feel-good changes in the brain and make us happier. In fact, connecting with others and contributing beyond ourselves helps define a meaningful life. Timothy D. Kanold explores the benefits of engaging in a relationally intelligent culture. He takes participants on a journey to understand relational opposites such as participation and neglect, belonging and exclusion, and givers and takers.

Participants can expect to:

- Discover the success impact of givers, takers, and matchers in relationships.
- Examine strategies for developing positive relationships while avoiding neglect.
- Discover ways to improve a culture of belonging and inclusion.
- Grow a desire to nourish and deepen their relationships.

Jasmine K. Kullar

Food Routines: Eating Healthy and Getting Active

We all know the importance of eating healthy and getting active, but what holds us back? We have control over whether to lead a healthy or unhealthy lifestyle.

Jasmine K. Kullar helps participants consider how to take care of their bodies, including making food choices, selecting portions, and finding the best exercise. Dr. Kullar shows what a healthy lifestyle looks like by examining good nutrition and exercise habits. Participants also identify hurdles to a healthy lifestyle. Dr. Kullar empowers us to leap our barriers. Lasting change is within our reach by making positive food and exercise choices!

Jasmine K. Kullar

Efficacy Routines: Boosting Your Confidence to Be Your Best Every Day

Jasmine K. Kullar describes self-confidence as an essential and important life skill for success as an educator. Lacking confidence leads to small failures in every aspect of an educator's personal and professional life. But a high-confidence level empowers us to evaluate situations, make firm decisions, take risks, and grow creatively.

In this session, participants consider how they can build confidence-building experiences and opportunities for improvement. Dr. Kullar engages participants in conversation to identify low-confidence and self-confidence characteristics. In addition, participants gain tools and strategies to build and strengthen confidence.

Relationship Routines: What Is Your Body Language Communicating?

Body language has good and bad impacts on communication. We communicate so much through body language without ever saying a word. In addition, we can communicate one message through our words, while our body language says something else.

As a result, we can inadvertently miscommunicate in our personal and professional lives. Jasmine K. Kullar helps participants become aware of body language and what we might communicate without realizing it. Participants identify types of body language and what appropriate body language communication looks like.

Understanding Routines: Responding Versus Reacting to Emotional Stress

We have stress in our lives—and will continue to have it. Stress is a constant, whether in personal or professional settings, or caused by people, situations, or events. We can't always control events, but we can manage whether we respond or react. This session explores the differences between responding and reacting and the consequences for each. Participants review the benefits of responding—choosing to manage tough situations by how we manage ourselves.

Paula Maeker

Movement Routines: Ditch the Desk! Engaging the Brain in Movement and Mindfulness in the Classroom Setting

Let's ditch the old paradigm of teachers and students sitting behind desks and put learning into motion to engage the body and mind! Join Paula Maeker in this interactive session as participants share ideas, engage in strategies that transform learning experiences, and transform classroom routines into meaningful movement that increases engagement, mindfulness, and motivation for both students and teachers.

Participants can expect to:

- Discover the essential research associated with how movement is connected deeply to mental wellness, learning, and engagement.
- Explore strategies to design purposeful learning experiences that get students and teachers moving.
- Practice strategies that increase mindfulness, boost mood, and put learning into motion.

Paula Maeker

Efficacy Routines: Something Is Always Going Right

How do we continually invest in our own learning to improve the learning of our students without feeling overwhelmed? Start with naming what's going right! Using a strengths-based approach, Paula Maeker helps educators embrace the idea that “better never stops” and share ideas on how to use celebrations and embrace opportunities to build a mindset of continuous improvement.

Paula helps attendees:

- Understand the power of self-efficacy through current research and pedagogy.
- Explore how to use evidence of learning to promote hope, efficacy, and achievement.
- Engage in strategies that uncover strengths and opportunities in our professional practices.

Awareness Routines: Creating Community and Cultivating Collaborative Relationships Through Emotional Awareness

Teaching and learning is not a solo sport. On a daily basis, educators and students must collaborate with groups with differing perspectives, moods, personalities, and dynamics. Navigating emotional reactions and responses is easier said than done for both teachers and students! In this session, Paula Maeker identifies strategies that create a collaborative culture where educators and students feel safe, supported, and valued.

Paula helps attendees:

- Understand the research on how varying personalities respond differently to collaboration.
- Build awareness of how our emotional responses impact teaching and learning.
- Identify strategies that create a positive and productive collaborative culture for adults and students.

Relationship Routines: An Attitude of Gratitude—Paving the Path to Compassion

When we embrace what we appreciate and are thankful for, our empathy and compassion for others increases and so does our happiness! In this session, Paula Maeker guides participants in a process of noticing and noting all we have to be thankful for in ourselves, students, and colleagues to transform culture, relationships, and our overall sense of belonging. Gratitude is so gratifying!

Participants can expect to:

- Discover the research behind gratitude and how it positively impacts the brain.
- Identify strategies for practicing gratitude in all aspects of our daily lives as educators.
- Engage in activities to use in the classroom or campus to ensure gratefulness paves the way for positivity, compassion, and success.