

Cultivating Educator Wellness for Elevated Student Achievement and Teacher Retention

Agenda

Day 1

7:00–8:00 a.m.—Registration and Breakfast

- Overview and Physical Wellness

Lunch

- Mental Wellness and Goal Setting
- Closure

Day 2

7:00–8:00 a.m.—Registration and Breakfast

- Review and Emotional Wellness

Lunch

- Social Wellness and Goal Setting
- Closure

Break and lunch times will be announced onsite.

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Day 1 Sessions

The Physical and Mental Wellness Dimensions of Educator Well-Being

It is within every educator's grasp to offer their best self, daily, to their colleagues and students in the pursuit of improved student learning. Participants in this session learn to thrive at work and connect their adult mental and emotional well-being to the impact it has on student learning. By first overviewing the Wellness Solutions for Educators™ framework and then taking a deeper dive into the first two dimensions of the framework (physical and mental wellness), participants find themselves (re)invigorated, (re)inspired, and (re)connected to their greater purpose as they move into two incredible days of growth and learning.

Participants explore how to measure their progress on three distinct physical wellness routines (food and hydration, movement, and sleep and rest routines) to feel better every day. They examine how to live busy and highly engaged daily lives with stress levels that can enhance their well-being while avoiding crossover into a hurried and out-of-control life. They decide how to utilize time and renew energy, decision-making skills, and confidence to strengthen their physical and mental wellness presence everyday.

Participants can expect to:

- Understand the essential research behind the Wellness Solutions for Educators™ framework and its relation to student achievement.
- Examine and engage in the physical and mental wellness routines by discovering effective
- strategies for daily growth and improvement.
- Understand physical wellness as a primary expectation for every educator.
- Consider and use the definition of mental wellness for educators and explore daily actions for improvement in mental well-being.
- Explore and utilize specific strategies related to each mental wellness dimension routine: daily decision making, internal balance, and self-efficacy development.

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Day 2 Sessions

The Emotional and Social Wellness Dimensions of Educator Well-Being

The foundational wellness work from day one is extended by taking a deep dive into the emotional and social dimensions of daily life through the lens of the Wellness Solutions for Educators™ framework. Participants are reminded how their daily positive emotional and healthy social presence directly impacts student self-efficacy, perseverance, cognition, effort, and success.

Educators work toward healthy emotional responses to daily experiences by exploring three essential emotional wellness routines related to: awareness, understanding, and mindfulness. As participants expand their social wellness strategies, they improve their overall collaborative well-being with others. The essential work of day two is rooted in the basic human need for healthy relationships with students and colleagues and focused on improving the core daily routines of relationship-building, trust-building, and connections to an overall purpose.

Participants can expect to:

- Examine the social and emotional wellness dimensions of the Wellness Solutions for Educators™ framework, and consider specific routines and strategies associated with each.
- Explore how to become more aware of daily emotions, how to understand emotional responses, and how mindfulness routines can help with healthy emotional regulation.
- Revisit and reconsider relationships, the ability to trust and be trusted, and how to stay (re)connected to a greater purpose despite the daily grind of life.
- Learn how to move from “self-care” to “collective care” as individuals, teams, and organizations.
- Analyze essential research as a pathway to encourage teacher retention and renewal.