



FREE VIRTUAL EDUCATOR WELLNESS WORKSHOP

AN INITIATIVE TO HELP EDUCATORS COPE WITH STRESS & ANXIETY

WHAT ARE THE REAL COSTS WHEN EDUCATORS GET OVERWHELMED?



\$8 BILLION

Cost of teacher turnover due to stress



72% of EDUCATORS

Described themselves as stressed, citing an inability to "switch off"

"Why it's a big problem that so many teachers quit — and what to do about it." Washington Post, 2017. <https://www.washingtonpost.com/news/answer-sheet/wp/2017/11/27/why-its-a-big-problem-that-so-many-teachers-quit-and-what-to-do-about-it/>

"2019 Teacher Wellbeing Index" Education Support, 2019. https://www.educationsupport.org.uk/sites/default/files/teacher_wellbeing_index_2019.pdf

MONDAY, FEBRUARY 1, 2021

REGISTER FOR 7:30 AM OR 4:00 PM

30-MINUTE SESSION



"FOCUSING ON LIFE BALANCE"

- Engaging, interactive 30-minute workshop via Zoom for all district staff and PTO/PTA members
- Provides social-emotional wellness tools to combat stress, anxiety, uncertainty, and fear



Helping people develop their most valuable asset – *themselves!*

27,000+ ALUMNI • 195+ COMMUNITY PARTNERS • 35+ PHILANTHROPIC SUPPORTERS

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EFFECTIVEELA.ORG/FREE-PD

216.292.8775