Champlain Valley Educator Development Center

Collaborative Professional Learning to Support Vermont Schools

Take Time for You
Self-Care for Educators Workshop

Featured Presenter: Dr. Tina H. Boogren

Targeted Audience: All educators

During this unprecedented time, it is crucial that we work to establish healthy habits and routines that allow us to bring our very best selves to those we serve. By utilizing a research-based framework for self-care, Dr. Tina H. Boogren will help educators of all levels and backgrounds develop personalized self-care plans for themselves and for their staff, tailored to this unique moment in history. Participants will walk away feeling inspired, rejuvenated and empowered and with personalized self-care plans that can be implemented on an individual basis or presented to school staff as a way to increase retention rate sand avoid staff burnout.

Learning Outcomes:
- Understand the foundational research and theory on self-care.
- Discover how to create a culture in schools and classrooms that awakens both teachers and students to new possibilities and excitement.
- Explore how Maslow's hierarchy of needs – (1) physiological, (2) safety, (3) belonging, (4) esteem, (5) self-actualization, and (6) transcendence – comes into play in your personal and professional life during this unique moment in history.
- Explore specific, easy-to-implement strategies and recommendations related to each level of the hierarch that can be put into place immediately.

About our Marzano Presenter: Tina H. Boogren, PhD, is a former classroom teacher, English department chair, instructional coach, professional developer, athletic coach, author, and building-level leader and is the author of 180 days of Self-Care for Busy Educators an Take Time for You.

Date:
Wednesday, February 3, 2021

Time:
3:00 – 4:15 pm

Location:

Web and interactive video conference

Cost:
CVEDC member $50
Non-Member $75

To Register: www.cvedcvt.org

Questions? info@cvedcvt.org