

# Virtual Wellness and Self-Care for Educators

## Event Overview

### Opening Keynote

**Tina H. Boogren**—*Self-Care for Educators in the Time of COVID-19 (and Beyond)*

### Breakouts

**Jennifer Abrams**—*Being Two Feet in the Present: Being Our Best Selves at Work*

**Jeremy Adams**—*Confronting the Tsunami & Riding the Wave: Succeeding in Times of Tumult and Change*

**Thomasenia Lott Adams**—*There Are No Touchdowns in Basketball: Defining and Refining What Success Looks Like for You*

**Tina H. Boogren**—*180 Days of Self-Care for 2020 Educators*

**Tina H. Boogren**—*Self-Care for Beginning Educators (and Those Who Support Them)*

**Aaron Hansen**—*Say NO to Burnout and Fatigue: Find Your Personal Purpose and Make a Difference!*

**Alex Kajitani**—*Building Team YOU: Growing Your Network to Stay Inspired and Motivated*

**Timothy D. Kanold**—*Living Your PLC Life Between The Zeroes: Finding and Creating Moments Of Joy, Gratitude, and Grace!*

**Timothy D. Kanold**—*Thriving In Community: Creating a Schoolwide Culture Of Belonging, Vulnerability, And Validation*

### Closing Keynote

**Timothy D. Kanold**—*Attending to the Heart and Soul Of Your Professional Life!*

## Keynote Session Descriptions

### Tina H. Boogren

#### Self-Care for Educators in the Time of COVID-19 (and Beyond)

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 from this session feeling inspired, rejuvenated, and empowered to take care of themselves and those they serve.

Participants will:

- Understand the foundational research and theory on self-care.
- Explore how Maslow's hierarchy of needs comes into play in your personal and professional life.
- Explore specific, easy-to-implement strategies and recommendations related to each level of the hierarchy that can be put into place immediately both personally and as an entire staff.

### Timothy D. Kanold

#### Attending to the Heart and Soul Of Your Professional Life!

In this inspirational session, Timothy D. Kanold draws from his bestselling book *HEART! Fully Forming Your Professional Life as a Teacher and Leader* and his follow-up 2021 book *SOUL! Fulfilling The Promise Of Your Professional Life* to provide brain research insights, meaningful stories, and wisdom from thought leaders inside and outside education.

The relational expectations and sometimes chaotic daily interactions with students and colleagues can be overwhelming and exhausting. He describes how to use your *heartprint* and your *soul story* to avoid burnout and maintain a healthy and well-balanced professional life each day. He describes the role empathy and self-compassion play in our educational work life experiences, and suggests how to stay busy without being hurried. He finishes by suggesting strategies for engaging with your Quadrant II *slack tide* time every day!

Participants can expect to:

- Examine how to use their *heartprint* and *soul story* to pursue happiness, joy, compassion, and gratitude in their professional lives.
- Learn how to pursue and sustain a well-balanced, high-energy, no burnout *reflective* personal and professional life that can positively affect students and colleagues.

## Session Descriptions

### Jennifer Abrams

#### **Being Two Feet in the Present: Being Our Best Selves at Work**

This session is a lighthearted yet thoughtful look at what it takes for us to manage ourselves in the 'deep ends' in our work life and how to stay our best adult selves while doing it. How might we stretch ourselves to manage more, yet stay grounded and connected to the best of what we are? Join Jennifer for some inspiration on how to move forward with even more awareness and confidence as we do our work in schools.

### Jeremy Adams

#### **Confronting the Tsunami & Riding the Wave: Succeeding in Times of Tumult and Change**

Being a teacher in modern America brings with it one certainty: *the constancy of change*. From one year to the next (or even one day to the next), educators are being asked to do more and more for their students, often with fewer resources available to them. The stress and strain these waves inject into the profession is the reason so many modern teachers find it difficult to discover the joy and passion that brought them into the classroom in the first place.

In this breakout session, teachers and leaders will:

- Learn why modern teachers feel under siege by waves of change.
- Identify how these changes can undermine and harm the key relationships that traditionally give teachers meaning and purpose in their careers.
- Consider a variety of different strategies and actionable steps towards repairing and improving these relationships so teachers can successfully ride the waves of change and become the teacher they always imagined they would be.

### Thomasenia Lott Adams

#### **There Are No Touchdowns in Basketball: Defining and Refining What Success Looks Like for You**

For as long as she can remember, Thomasenia Lott Adams heard people talk about other people's successes. It seems easy and almost natural to expound upon the good things that other people are able to do with their lives. There are television channels that showcase ways successful people live and play. There are sport shows that spend hours talking about the GOATs – the “greatest of all time” athletes. You can easily find who has the most Instagram, Twitter, or YouTube followers. We can see who (at least in our near circles) has successfully acquired the best car and the best house and can send their kids to the best schools. Success always seems to look good on other people, yet it can seem elusive for your own life, especially in the uncertain context of the COVID-19 pandemic. Participants who engage in this session will gain a renewed sense of what success is and how to attain it.

In this session, participants:

- Explore what success looked like before COVID-19.
- Consider flexibility needed to reframe what success looks like during COVID-19.
- Develop a personal definition of success not dependent on external forces.

## **Tina Boogren**

### **180 Days of Self-Care for 2020 Educators**

Now, more than ever, educators are reporting unprecedented levels of job-related stress. Not only is this a concern for our educators, but it's a serious problem for our students as well. Students with stressed-out teachers have more behavior issues, and those students have lower overall achievement. This session explores easy-to-implement 'wellness hacks' that will positively impact both the adults and the students in your district, building, or classroom.

Participants can expect to:

- Review the four seasons of a school year and how to help yourself (and your staff members) thrive through each phase.
- Explore multiple self-care and wellness 'hacks' that are easy to implement at both the personal and professional level that correlate to the seasons of the school year.

## **Tina Boogren**

### **Self-Care for Beginning Educators (and Those Who Support Them)**

Designed for educators in the early stages of their careers, as well as mentors, coaches, and supervisors, this session identifies six phases every beginning teacher goes through, offering crucial advice and targeted self-care strategies for each, pertinent to today's unique challenges. Participants will return to their schools (or home classrooms) with easy-to-implement self-care practices that are essential to not just surviving, but truly thriving.

Participants will:

- Explore the six phases of being a beginning teacher and how the pandemic has impacted each phase.
- Understand the feelings and challenges associated with each phase.
- Learn how to practice self-care to avoid early career burnout that so often leads to teachers changing careers.

## **Aaron Hansen**

### **Say NO to Burnout and Fatigue: Find Your Personal Purpose and Make a Difference!**

The stress and pressure of teaching and leading, day in and day out, poses a real risk of burnout. The daily avalanche of demands often leaves individuals feeling buried by more demands than they have time. Even the most idealistic can begin to feel overwhelmed, frustrated, jaded, and victimized by the system. The antidote, believe it or not, is to take on more responsibility. It's not about taking on more tasks; it's the opposite. Take responsibility for the things that really matter, let go of the things that don't, and make a real difference!

In this session, teachers and leaders will:

- Remind ourselves of our own personal purpose as a teacher and leader.
- Learn how to take small achievable actions that can translate into habits that align us to our purpose. The result? Feeling energized and excited about our work that really matters!
- Be re-inspired and reminded of our potential to make a difference.

## **Alex Kajitani**

### **Building Team YOU: Growing Your Network to Stay Inspired and Motivated**

The most important thing you can do to stay healthy, motivated, and well-balanced is *surround yourself with great people*. Like a tree relies on its root system for health and stability, you can build a network of wonderful people who support you in times of need and encourage you to pursue the best version of yourself. Inspiring and heartfelt, this session gives you easy-to-implement steps that you can take to build and grow relationships that nourish your soul and help you be a highly effective educator who loves your work.

Participants will:

- Identify the main causes of burnout, and how to avoid it.
- Build and expand your support network so you feel supported and inspired.
- Use this network to expand your impact throughout education.

## **Timothy D. Kanold**

### **Living Your PLC Life Between The Zeroes: Finding and Creating Moments Of Joy, Gratitude, and Grace!**

In this engaging session, Timothy D. Kanold brings to life several chapters from his newest book, *SOUL!: Fulfilling The Promise of Your Professional Life* (Solution Tree, 2021). During this session participants complete a "1st Zero (your start) to 2nd Zero (your end)" timeline of their current professional life, identify and target defining moments, and learn how to create signature

moments, including “1sts” that allow their personal and professional life to stay fresh and move forward.

The PLC life is a life of experimentation with discipline. Requiring the development of new and positive habits and routines. Dr. Kanold shares some of the secrets to making new habits and routines “Stick” as he responds to the question, “What are we doing and how do we demonstrate joy, gratitude, and grace with each school season, despite the adversity we are sure to endure?”

Participants can expect to:

- Create their professional timeline and identify defining events.
- Learn how to create spontaneous signature professional moments and how to plan for them.
- Learn the 2-minute rule and a 5-step process for developing new habits and routines that lead to increased joy, gratitude, and grace at work.

## **Timothy D. Kanold**

### **Thriving In Community: Creating a Schoolwide Culture Of Belonging, Vulnerability, And Validation**

At the center of the PLC life is *your heart and soul*. It is the essence of all the stuff we do. In this energetic and engaging session, Dr. Kanold takes participants on an exploration of a *unifying* school life beyond the bricks and mortar of your school to the creation of a culture of belonging. He takes you on a journey beyond collegiality and into a culture of vulnerability and validation with your colleagues and students—a place where everyone (students and adults) feel and know their value.

He asks participants to understand the meaning of these values and to take responsibility for their part in the creation of these PLC values of belonging, vulnerability, and validation. He also provides neuroscientific evidence of the impact these values have on student learning and personal workplace happiness for teachers and leaders. And he reminds participants that, above all else, don't let your *self* get lost in the collaborative shuffle.

Participants can expect to:

- Understand what it means to be in a professional learning *community*.
- Examine how to personally benefit from and support a *thriving* PLC life by creating a culture of belonging, vulnerability, and validation every day.