



## STAFF WELL-BEING WEBINAR SERIES

### Resilient Practices for Educators, Staff Members, Administrators and Teams

Join [Alliance for a Healthier Generation](#) for a professional learning series on staff well-being, including stress management, holistic well-being, and positive work culture.

Social-emotional health matters as we continue to maneuver through challenging times. Practices in building resilience can improve overall job satisfaction and ensures we take care of our own health as we work with other adults and serve youth throughout California.

Registration is required: [bit.ly/StaffWellBeingCDE](https://bit.ly/StaffWellBeingCDE)

- Thursdays, 3:00 – 4:00 p.m. PT  
October 21, November 18, December 9, 2021  
January 20, February 17, March 17, April 28, 2022
- Each session will feature different strategies to help educators and school district staff prioritize their own well-being. Learn ways to combat burnout, set healthy boundaries, practice gratitude, and use feedback as an effective communication tool with colleagues, students and families.
- Online sessions can be accessed individually or by teams to learn strategies that are actionable and easy to integrate into daily routines, staff culture, and team meetings.
- [Attend all sessions live or register to receive the recordings.](#)



Staff well-being webinar series is provided in support from [California Department of Education](#) and [Kaiser Permanente Thriving Schools](#).

