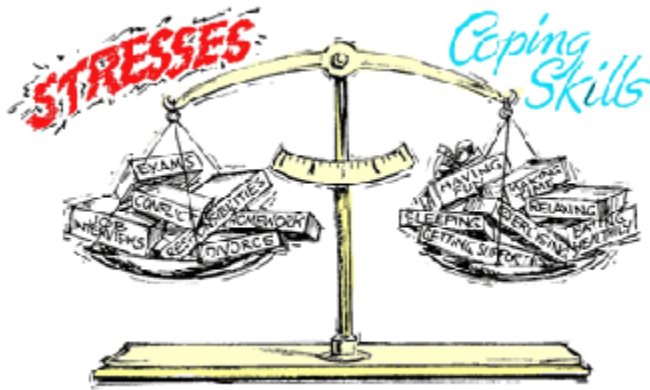


Educator Wellness*

Presented by Judith Petruzzi, PSEA Education Services Division



Educators devote a great deal of time and energy to provide positive Social/Emotional Learning (SEL) for the students with whom they work. What about educator SEL? This session explores pro-active and restorative measures you can take to practice self-care. Using *The*

Burnout Cure: Learning to Love Teaching Again, by author Chase Mielke, strategies to re-connect to why we became educators will be discussed.

***Paraprofessionals**, if taking this workshop for the hours, it is recommended that you obtain pre-approval from your employer to ensure the hours will be accepted.
Members with teaching certificate, if you provide your PPID #, you will receive 2 Act 48 hours for this workshop.

DATE: September 30, 2020

TIME: Workshop — 6:00-8:00 p.m.

LOCATION: Online via Zoom



RSVP no later than September 25, 2020!

(online at www.psea.org/er or email to e-rgn@psea.org)

Several days before your session, you will receive a confirmation email containing Zoom information for the workshop.