**Staff Well-Being Webinar Series:**

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

**Registration is required for each webinar.**

Thursday, October 21, 3:00 to 4:00 p.m. PDT

**Advance Staff Well-Being Through Awareness**

Identify how to prevent and move out of the burnout cycle. We all juggle a lot—whether a paraprofessional, teacher, bus driver, cafeteria worker, or administrator. Join us to create a holistic, self-care map based on our limited time and personal needs.

Thursday, November 11, 3:00 to 4:00 p.m. PST

**Communicate Healthy Boundaries for Individual and Collective Well-Being**

Prevent or move out of the cycle of burnout by setting healthy boundaries. Join us to understand components of setting an effective boundary, reflect on individual challenges and boundary styles, and identify how boundaries support living our values. We will leave ready to communicate our boundaries to adults and youth.

Thursday, December 9, 3:00 to 4:00 p.m. PST

**Grow Relationships with Effective Complaining and Gratitude**

Strengthen relationships with colleagues, students, and families with effective complaining and gratitude practices. After a deep dive into how effective complaining benefits interpersonal relationships, we will identify how we prefer to receive and give gratitude.

Thursday, January 20, 3:00 to 4:00 p.m. PST

**Filling Your Cup: Positive Self-Care Strategies for Educators**

Build a safeguard against burnout in the new year. We will practice effectively communicating our needs through mediation, boundary setting and gratitude practices. Self-care does not mean adding more to our schedule. It helps us thrive in and out of the work environment.

Thursday, February 17, 3:00 to 4:00 p.m. PST

**Build a Positive Work Culture by Leveraging Team Members’ Strengths**

Apply strengths-based values to increase team effectiveness. We will reflect on our identities, values, and unique contributions to boost team dynamics. All school and district staff are welcome to join, including cafeteria workers, bus drivers, paraprofessionals, teachers, and administrators.

Thursday, March 17, 3:00 to 4:00 p.m. PST

**Model the Path to Self-Regulation for Students and Colleagues**

Empower others and ourselves to manage stress, delay gratification, stay organized, and act with agency over their lives. Self-regulation is a critical skill for young people and adults to navigate every facet of life. We will demonstrate self-regulation strategies in our Me Moments Toolkit, so we all can model self-regulation in our classroom and work environments.

Thursday, April 28, 3:00 to 4:00 p.m. PST

**Give and Receive Feedback for Impactful Relationships**

Use a strengths-based approach for more impactful feedback. Receiving and giving feedback does not always feel good, but strong teams rely on the clarity, accountability and vulnerable dialogue that feedback provides. We will discuss several types of feedback, the ‘BOOST’ model, and common pitfalls that make feedback challenging.

[**Alliance for a Healthier Generation**](https://www.healthiergeneration.org/rise) **Facilitators:**

**Dev Cuny** (They/Them/Theirs)

Social Emotional Health Program Manager

**Isabel Galvez Lara** (She/Her/Hers)

Social Emotional Health Content Manager

**Yasemin Rodriguez Corzo** (She/Her/Hers)

Associate Director, Social Emotional Health