DEAN’S SYMPOSIUM

EDUCATOR SELF-CARE AND WELLNESS WORKSHOP

KEYNOTE SPEAKER:
PROFESSOR AMY STERN
SOCIAL AND EMOTIONAL LEARNING CONSULTANT WITH PUTNAM NORTHERN WESTCHESTER BOCES

While self-care is always an important topic, it is essential for teaching P-12 students during a global pandemic. In this workshop, participants will begin by conducting a self-assessment of their own self-care, learn the five domains of self-care and a range of effective self-care strategies, and generate ideas to develop a personal self-care plan.

MARCH 2, 2021 AT 4:20PM VIA ZOOM:
HTTPS://MVILLE-EDU.ZOOM.US/J/97226627832?PWD=UTJPSMS4Ro5EMK55DZZTD1CZY2POUT09