

Teacher Well-Being

2 Hour Workshop

March 10, 2021 3-5 p.m.

Featuring Carla Tantillo Philibert

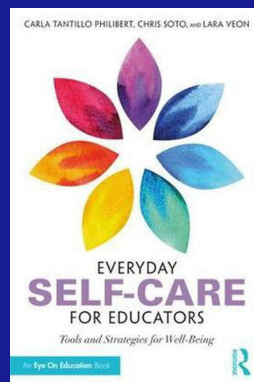


From safety concerns to dysregulated students, educators often face high-stress situations that may leave them feeling beat up and uninspired. In order to be the best and most effective version of yourself for your students, it is imperative that space is created for your own mental health and well-being.

Self-care is an essential practice for all educators. We must take care of those who take care of our students. This fun, engaging workshop targets strategies for well-being, focused on your whole self— you personally, as an educator, parent, partner, friend, and community member.

You will learn helpful techniques based in mindfulness and SEL for how to recognize stressors and your bodily reactions, manage challenging situations by giving yourself permission to pause and practice self-care techniques, and practice well-being strategies for all areas of your life. This workshop gives you the opportunity to invest in yourself so you can build a more grounded foundation for living.

- Workshop Date: Wednesday, March 10
- Time: 3:00 - 5:00pm CDT (2 PD Hours)
- Location: Online (Webinar link will be sent to participants via email the morning of the session). While we suggest joining live, recordings are available for those who are unable to fit this time into their busy schedules.
- One copy of the book Everyday Self-Care for Educators is included in the price and will be mailed to each participant, so your well-being journey can continue after the workshop!
- Cost: \$99.00/person



Carla Tantillo Philibert, the founder of Mindful Practices and a former classroom teacher, understands the stresses that come with teaching, will guide you through a variety of interactive activities to help you identify your own well-being needs and implement helpful practices in your daily life.

Presented by:

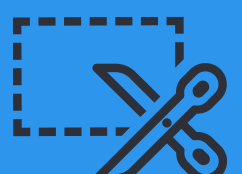


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Registration includes a 20% discount coupon to attend the 2021 Social Emotional Learning in Schools Virtual Summit, July 21 & 22, 2021.

For info visit www.illinoisASCD.org.





Organization/School _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Fax: _____

Name/Position: _____

Email: _____

IL ASCD Membership # _____ IEIN # _____

Name/Position: _____

Email: _____

IL ASCD Membership # _____ IEIN # _____

If you need to add more names please duplicate this registration form.

Each Participant
_____ \$99.
(Call for Info on larger team discounts 618 203 3993)

Conference Fees \$ _____

IL ASCD 1 year Membership Fee (add \$49) \$ _____

Total Registration Fees \$ _____

Illinois ASCD is a CPS
Approved Provider: #24595

Registration deadline is March 3, 2021. A \$15.00 fee will be charged for cancellations made in writing prior to the deadline. No refunds will be given after the deadline. Confirmation will be sent via e-mail after your registration is processed. Registrations can be transferred to another individual by faxing information to 309-438-5364 or by emailing dscowde@ilstu.edu

How to register:

Online: Use your Visa, MasterCard, Discover, or American Express card at <http://www.illinoisascd.org>

Call: 800-877-1478 or 309-438-2160,
Mon. - Fri. 8:00 a.m. - 4:30 p.m. and use your Visa, MasterCard, Discover, or American Express.

Mail: Send completed form with check or copy of PO to: IL ASCD Well -Being— Illinois State University, Conference Services, Campus Box 8610, Normal, IL 61790-8610.

Fax: Fax completed form to 309-438-5364 using your Visa, MasterCard, Discover, or American Express or a copy of school P.O.

Payment Information:

(Payment or purchase orders MUST accompany registration form)

_____ Check made payable to Illinois State University enclosed

_____ Purchase order ENCLOSED. Purchase order #: _____

_____ Charge Credit Card: __Master Card __Visa __ Am/Ex __Discover

Account Number _____

Expiration: (Month/Year MM/YY) _____ and _____ 3 Digit CVV code _____

Name on Card _____