

# ONWARD

## CULTIVATING EMOTIONAL RESILIENCE

### A LIVE VIRTUAL WORKSHOP



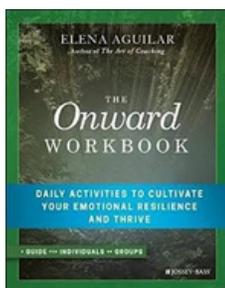
Education is a physically and emotionally demanding field, and successful educators must intentionally develop their own resilience in order to thrive. This virtual workshop will provide you with the tools to do just that. Participants will explore the habits and dispositions of resilient educators outlined in Elena Aguilar's *Onward: Cultivating Emotional Resilience in Educators*. They'll spend time learning about themselves and develop a deeper awareness and understanding of their emotions. They'll use this to help them to recognize entry points into cultivating resilience in themselves and then practice strategies for continuing to develop their resilience over the long haul. As participants boost their resilience, they will discover they have the energy to do the challenging work that is required of educators.

This 6-hour virtual-live workshop is facilitated in 2-hour blocks to allow for brain breaks in between blocks. Participants also have pre-work to complete prior to the virtual-live session.

#### Participants Outcomes

- Understand the habits and dispositions of resilient people
- Identify moments where resilience can be cultivated and use a range of strategies to do so
- Practice using resilience-building strategies in conversations
- Engage in and reflect on activities that build individual and collective resilience
- Recognize and appreciate the connection between cultivating their own resilience and building equitable schools
- Learn how to use simple strategies to cultivate their emotional resilience when building equitable schools
- Understand the critical importance of emotional resilience when building equitable schools

Participants are required to have a copy of *The Onward Workbook*. This book may be purchased through IL ASCD or on your own.



## Elena Aguilar

Elena Aguilar is a writer, leader, teacher, coach and podcaster. She is the author of six highly acclaimed books including *Onward: Cultivating Emotional Resilience in Educators* (2018). Elena is the founder and president of Bright Morning Consulting, an organization committed to helping individuals and organizations create the conditions for transformation. She has taught tens of thousands of folks how to have conversations that build a more just and equitable world.



## Nita Creekmore

Nita Creekmore is an Instructional Coach and a presenter for Bright Morning Consulting. She taught in grades 1, 2 and 5 for 13 years before becoming an Elementary School Instructional Coach. Nita is passionate about being an advocate, support and thought partner for teachers in order to give students what they need.

### Live On-Line

**February 15, 2023**

**9:00am-11:00am CST - Onward, block 1**

**11:00am - 12:00pm CST - Break**

**12:00pm - 2:00pm CST - Onward, block 2**

**2:00pm - 2:30pm CST - Break**

**2:30pm - 4:00pm CST- Elena Aguilar:**

**Live Session**

**(Elena's session will be recorded and available on-demand)**

**Please note: All times are noted in Central Standard Time**

**6 PD Hours - AA credit pending**

Organization/School

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Name/Position: \_\_\_\_\_

Email: \_\_\_\_\_

IL ASCD Membership # \_\_\_\_\_ IEIN # \_\_\_\_\_

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

IL ASCD member	1 Person	2 People	3 People	Student/ Retiree
Each	Each	Each	Each	Each
---\$250	---\$299*	---\$279**	---\$269**	---\$109**

(Call for Info on larger team discounts 618 203 3993)

\* Includes Membership

\*\* 2 or more attendees from the same school district/organization. Does not include membership.

Conference Fees \$ \_\_\_\_\_

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

The Onward Workbook (add \$25) \$ \_\_\_\_\_

Total Registration Fees \$ \_\_\_\_\_

The registration deadline is February 9, 2023. 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 [mdrhoa1@ilstu.edu](mailto:mdrhoa1@ilstu.edu).

### 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

**Illinois ASCD is an ISBE  
Approved Provider**

**Illinois ASCD is CPS  
Approved Provider: #24595**

### 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 Aguilar** 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.