



• Reigniting Your Spark for Teaching •

Presenter: Cathy Quinn, M.Ed., RYT 200

Target Audience: This workshop is intended for educators and educational leaders at all levels.

Many educators strive to support students' cognitive, social, and emotional growth; build relationships with their students and their families; and keep up with the pace and increasing demands of school life. This makes our work so rich, but it is also what makes it hard to "turn off" at the end of the day. How do educators manage these feelings of overwhelmedness in their demanding work in order to sustain energy, re-ignite enthusiasm, and - ultimately - continue to support students. Educators need strategies for self-care. Together we will explore the science behind practices that positively impact our neurological response systems, and how we can routinely call on these practices for our own self-care and in our responses to others.

Participants will:

- Understand the impact of movement and mindfulness on our neurological systems and our ability to interact with the world around us.
- Self-assess their social-emotional skills according to the domains of the Social Emotional Learning (SEL) Competencies (<https://casel.org>)
- Engage in movement and breath work to help focus attention and increase relaxation.
- Practice strategies that improve interactions with students, families, and colleagues
- Leave with a plan for self-care.

Cathy Quinn, M.Ed., RYT 200, is currently the Coordinator of School Leadership Programs at St. Michael's College. In addition, she is an internship supervisor for VT-HEC, a registered yoga teacher, and has been a teacher and administrator for over 40 years in Vermont and Virginia. She is committed to inclusive public education, growing future educators and educational leaders, and the value of self-care.

Dates: January 31, 2020
Place: Capitol Plaza ~ Montpelier, VT
Cost: \$190 (includes lunch)
Time: 8:30-3:30

[Register Here](#)

Please inquire with the Capitol Plaza reservations
(802-223-5252) about discounted hotel rates



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