



Exploring Challenges and Building Resilience Together: A Monthly Cohort Experience for Educators and Leaders

Presenter: Annie O'Shaughnessy, M.Ed.

Target Audience: Educators at all levels and roles.

The collective and individual stress of these unprecedented times have taken their toll on even the most diligent self-care practitioners. Stress reduction strategies that used to work might not do the trick any more. We might be experiencing sudden bouts of exhaustion, irritability, lability, or foginess. In addition, it's likely our colleagues, families, and/or students are also impacted. No matter what our role in education, no matter what our circumstances, developing resilience and building supports is best done together; prioritizing connections with empathic and understanding colleagues reminds us of our shared purpose and the joy in our work. We invite you to join this cohort to learn skills for resilience and equanimity, practice deep listening and speaking in a brave space, feel supported by others, and connect with the growing edge these times offer us. If this speaks to you, we hope you can join our small cohort this year.

Participant Outcomes:

- Learn about and practice simple techniques for regulating and strengthening our nervous systems.
- Practice mindfulness in a supportive group setting.
- Develop a deep (or deeper) understanding of inter- and intra-personal mindfulness and the power it has to transform our lives and work.
- Explore the dilemmas and challenges we face as educators through protocols that tap into our understanding, intention, and awareness.
- Identify ways to share these learnings with colleagues or students.

Annie O'Shaughnessy supports schools to develop integrated, human-centered approaches to school change that center on the interdependence of mindfulness, restorative practices, social-emotional learning, trauma informed practices, and equity. She is a certified secondary English teacher with an M.Ed. in Mindfulness for Educators and a certification in basic and advanced trauma informed practices from the Center for Adolescent Studies. In addition to consulting, Annie is an adjunct instructor at Saint Michael's College, Colchester, Vermont, where she is launching a Certificate Program in Holistic Restorative Education.

Dates: 9/30, 10/21, 11/18, 12/16, 1/13, 2/10, 3/10, 4/7, 5/5, 6/2
Type: Live webinar series
Time: 3:30 - 5:00, 15 professional learning hours
Cost: \$ 550 (This is a live event that will not be available for purchase after the event is over.)

[Register Here](#)



Use vthec.org for registration, and [Facebook](#) and [Twitter](#) for additional news, resources, articles, etc.