

Outline

The six-hour course is broken up into six attainable and manageable sections:

Anchoring Our Understanding

Why teacher well-being

What is stress

- Stress on our body
- Stress on our brain
- Stress and relationships

Our stress and it's connection to our students/ classrooms

- Emotional contagion
- Self-regulation and co-regulation

What is burnout

Empathy vs compassion fatigue

Defining well-being

It's more than just self-care

- Obstacles to self-care
- Reflection

Knowing what's important – why we became an educator

- Reflection

Digging into values

- Exercise

Bridging Our Understanding

Self-awareness with Mindfulness

What is mindfulness

- Mindful breathing practice

Mindfulness vs mediation in schools

Backdraft and Resistance

- Grounding our feet practice

Default Mode Network

- Mindful awareness to senses

- CALM body scan

Self-Compassion and Treating Ourselves with Kindness

How do I treat a friend?

- Practice

Three components of mindful self-compassion

Misgivings of self-compassion/doubts

Physiology of self-compassion

- Soothing and supportive touch and tone

- Self-compassion break exercise

Loving-Kindness

Practice

Finding loving-kindness phrases

Seven Practices to Grow Resilience

Courage

Meeting difficult emotions with compassion

Curiosity

A meditation getting to know your inner critic

Clear the Way

Clear the way with compassion exercise

Community

Who will you turn to practice?

Expanding our Resilience

Cultivate Care

Savoring practice

Gratitude exercise

Creating Culture

VIA Character Strengths

Knowing our strengths

Appreciating our strengths exercise

Compassion

Compassion with equanimity practice

Growing a Sustainable Well-being plan

What do you need right now?

Behavioral Self-Compassion

Wellness wheel exercise

Putting it all together

Leaving with an intention

Live Webinar Schedule

(Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Analyze the connection between educator stress and burnout and its impact on teaching and learning.
2. Distinguish the difference between stress, overwhelm, burnout and compassion fatigue and its effects on the body and brain.
3. Determine how mindfulness practices can be used to shift educators into a regulated state during a stressful moment.
4. Develop opportunities in and out of the classroom for informal mindfulness breaks, self-awareness and reflection.
5. Demonstrate components of mindful self-compassion for treating unworthiness and confronting the "inner critic."
6. Apply concrete practices of gratitude, savoring and compassion to daily habits.
7. Design a plan to create habits and structures of wellbeing in and out of the classroom.

FREE BONUS OFFER!

Self-Regulation & Mindfulness Worksheets



Access these practical and engaging printable tools at pesirehab.com/mindfulnessworksheets

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesikids.com/inhouse

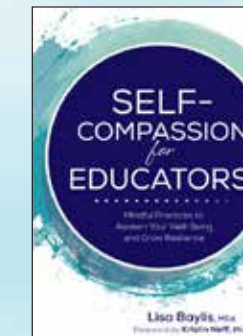
NON-PROFIT ORGANIZATION U.S. POSTAGE PAID EAU CLAIRE, WI PERMIT NO. 32729

PESI Kids P.O. Box 1000 Eau Claire, WI 54702-1000 A division of PESI, Inc

Join us online for this live training!

Mindfulness and Self-Compassion Practices for Educator Well-Being

How to Manage Stress, Burnout & Overwhelm In and Out of the Classroom



Join **Lisa Baylis, M.Ed.**, author of *Self-Compassion for Educators: Mindful Practices to Awaken Your Well-Being and Grow Resilience*

Join us online for this live training!

Mindfulness and Self-Compassion Practices for Educator Well-Being

How to Manage Stress, Burnout & Overwhelm In and Out of the Classroom

Live Interactive Webinar

Friday, October 29, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

Live Interactive Webinar

Friday, October 29, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesikids.com/webcast/85933



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:
pesikids.com/webcast/85933

Mindfulness and Self-Compassion Practices for Educator Well-Being

Being an educator is both rewarding and stressful! These days there are high levels of accountability and so many demands on teachers' time it can feel like the endless tasks and expectations can deplete all energy leaving you with little left.

Still, we depend on you to be a positive guiding force in our children's lives – **often playing simultaneous roles as educator, parent, mental health counselor, and caring friend.**

For you to fulfill these vital roles, it's abundantly clear that you need to develop resiliency both inside and outside the classroom.

Join me, Lisa Baylis, MEd, teacher, counselor, facilitator, and author of *Self-Compassion for Educators: Mindful Practices to Awaken Your Well-Being and Grow Resilience* as I show you firsthand how to be kind and loving toward yourself and how to prioritize and sustain your well-being through self-awareness and self-compassion...

...to not only show up, but show up with compassion and kindness rather than criticism.

Permission to be kind to yourself – allowing you to show up less stressed.

There has never been a time in history when educators have felt such overwhelming levels of stress, burnout, and exhaustion! Please join us to unpack the research on teacher stress, the impact on the body and brain and design a plan to create habits and structures of well-being in and out of the classroom!

The Foundation - Mindfulness and Self-Compassion Practices to:

- Create a self-care routine you can stick with, even when the year gets crazy
- Decrease negative thinking and feelings of shame, criticism, and self-doubt
- Reflect on the values that brought you into education (and why you enjoy it!)
- Develop greater compassion for yourself, students, and colleagues

Target Audience:

Teachers • Early-childhood Educators • Counselors • Post-secondary Instructors • Therapists • School Psychologists
School Guidance Counselors • School Social Workers • School Administrators • Special Education Teachers
School-based Clinicians • Educational Paraprofessionals • Occupational Therapists
Other Helping Professionals that work with children



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesikids.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [pesikids.com/info](http://www.pesikids.com/info)!

Questions?

Visit our FAQ page at www.pesikids.com/faq or contact us at www.pesikids.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Meg Mickelson Graf** at mgraf@pesi.com or call 715-855-8199.

Speaker

Lisa Baylis, M.Ed., has been sharing well-being strategies for the last 20 years. A natural-born connector with an innate ability to make people feel valued and heard, she is an instructor, a school-based Counselor, a facilitator and a mother. Lisa is a published author of *Self-Compassion for Educators* as well as, the creator of the AWE Method — Awakening the Wellbeing of Educators — which merges self-care, mindfulness and self-compassion.

Lisa has a master's degree in counseling psychology and a bachelor's degree in physical education. She has taught internationally and within Canada. She is a high school teacher and Counselor within the Greater Victoria School District.

Trained by mindful self-compassion pioneers Chris Germer and Kristin Neff, Lisa is a certified Mindful Self-Compassion (MSC) teacher. Lisa facilitates a Year-Long Mindfulness for Educators online community that grows the mindfulness practice for educators so they can teach mindful awareness in the classroom, creating a ripple of presence and compassion.

Speaker Disclosures:

Financial: Lisa Baylis is a secondary teacher/counselor for School District #61, Greater Victoria. She is an author and receives royalties. Ms. Baylis receives a speaking honorarium from PESI, Inc.

Non-financial: Lisa Baylis has no relevant non-financial relationship to disclose.

Lisa's way of being able to connect with educators, both in-person and online, is a significant skill that makes her presentations rich and inviting and has participants leaving felt, seen, heard and valued – growing not only their practice but their confidence!

-Karen H., Vice-Principal

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Educators, Occupational Therapists, Psychologists, Social Workers.**

Earn up to **6.25 CE** Hours for one low price!

For specific credit approvals and details, visit [pesikids.com/webcast/85933](http://www.pesikids.com/webcast/85933)

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is an AOTA Approved Provider of continuing education.
Provider #:3322. This activity has been submitted to AOTA for review.
Approval pending. For the most up-to-date credit information, please go to:
<https://rehab.pesi.com/events/detail/85933>.

This activity is pending approval from the National Association of Social Workers.

Self-study credit: To check availability for your profession, go to www.pesikids.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesikids.com/webcast/85933

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesikids.com/webcast/85933

Live Interactive Webinar (Option 1)

October 29, 2021 [PWZ85932]

\$219.99 tuition

8am Mountain time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

Get a Group Discount! Contact us at www.pesikids.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 [POS058330]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesikids.com or call 800-726-3888 to check for availability.

DVD (Option 3)

\$219.99 [RNV058330]

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesikids.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



PUB086300

Building a Trauma-Informed, Compassionate Classroom
Strategies & Activities to Reduce Challenging Behavior, Improve Learning Outcomes, and Increase Student Engagement

By Jennifer Bashant, Ph.D., LMSW, MA

~~\$19.99~~ \$14.99*



PUB086975

Self-Compassion for Educators:
Mindful Practices to Awaken Your Well-Being and Grow Resilience

By Lisa Baylis, MEd - Seminar Speaker!

~~\$19.99~~ \$14.99*

* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI Kids, Inc.

PO Box 1000

Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesikids.com/form or call 800-726-3888

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit www.pesikids.com/faq or contact us at www.pesikids.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



©2021