the education COOPERATIVE

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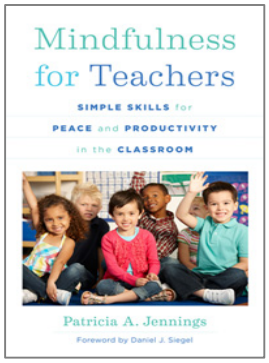
Self Care for Educators



Course Description: We have all had our difficult teaching days when everything seems to converge on us! It is important for educators to take care of themselves on those – and all – days. Learn how to practice mindful behavior – to take care of yourself. Participants in this course will be exposed to and practice various self-care techniques. Basic mindful awareness skills (for instance mindful listening) will be presented and participants will learn how emotions affect their work as educators. Various yoga styles and meditation techniques will be presented and participants will have opportunity to practice those skills.

Please purchase a copy of Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom by Patricia Jennings.

About the Instructors: Dr. Adam Diliberto is the Academic Coordinator, Bridge Program, Wellesley High School, a program that helps students re-integrate to school after mental health and medical absences. His doctoral dissertation studied the experiences and values (both personal and professional) of the Cultivating Awareness and Resilience in Education (CARE) retreat for educators. He has taught self-contained classes, co-taught, and case-managed students. Adam is very interested in bringing mindfulness to K-12 education settings with the hopes of teaching teachers and students the skills to become aware of their emotions and reduce stress.

Kathleen Brophy is a Fitness & Health Teacher, Wellesley High School. With degrees from Boston College, Bridgewater State University and Cambridge College, she has taught for 24 years. She was the 2015 MAHPERD (Massachusetts Association for Health, Physical Education, Recreation and Dance) high school teacher of the year and is the SHAPE America 2016 Eastern District Teacher of the Year.

Audience: K-12 Educators
Date &Time: Thursdays: 11/29, 12/6, 12/13, 2018; 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/28, 3/7, 2018 (snow date: 3/14) 4:00 PM – 6:15 PM

Location: TEC Professional Learning Center in E. Walpole
Earn: 24 PDPs
Grad Credit: 2 credits from Worcester State University for an additional $250, payable at the first class
Cost: $380 TEC Members / $430 Non-TEC Members

REGISTER NOW

To register: Go online to http://www.tec-coop.org/PDL_RegForm.html or complete this form and send, **along with a check or PO**, to: TEC Professional Development, 141 Mansion Drive, Suite 200, E. Walpole, MA 02032

Register me for "Self Care for Educators" on 11/29/18! ☐TEC Member District: $380 ☐Non-TEC Member District/Private School: $430

Name: _____ School: _____

Home address: _____ Role: _____

City, state, zip code: _____ Address: _____

Email: _____ City, state, zip code: _____

Home phone: _____ Work phone: _____

Withdrawals: No credits/refunds will be given unless TEC is notified 10 business days before the first class. All payments processed upon receipt. There is a $5 cancellation fee.