

Educator Wellness Series

Learning can only happen when students feel safe and regulated. When a student doesn't yet have the ability to regulate, it falls on the adult to remain regulated and guide that student back to a calmer state (co-regulation). This is not easy to do, and the proactive work becomes first about the teachers' needs. With this webinar series, we aim to equip educators with tools, strategies, and habits that will allow them to care for themselves and restore balance and wellness in their lives.

Garnering Support & Replenishing Hope

The challenges educators are facing in their classrooms are similar to challenges that have always existed in schools. Since the pandemic, it seems as though the challenges are more intense, many students are lagging behind in social emotional skills, and educators are stretched even more thin. Through everything, it is crucial for educators to support each other and to have hope that things can and will improve. During this webinar, participants will:

- Learn ways to garner support from others, as well as how to be supportive to colleagues who may be struggling
- Discover how your mindset strongly influences mood, and how mindset shifts can be made
- Discuss strategies for replenishing hope within yourself and your students

Power Habits for Proactive Self-Care

We all know that self-care is important, and most of us are occasionally thrust into caring for ourselves in response to a sense of overwhelm, physical illness or an emotional breakdown. However, this webinar will introduce four habits that can be used proactively, before the negative effects of stress set in. These impactful practices will serve as protective factors for the mind, body and spirit. Educators will leave with an individualized self-care plan that can be implemented immediately.

Mastering Your Mindset

There are no limits for those who have mastered the mind. No matter what challenges lie ahead, a positive mindset and the well-developed practices of mindfulness and gratitude lead to opportunities for personal growth and development. This webinar will introduce specific practices to help you master your mindset, including:

- Being conscious of and shaping your inner voice
- Seeking out the best in others
- Focusing on the joyful moments each day
- Practicing Gratitude
- Being mindful of how thoughts influence mood
- Using visualization to create reality

** Dr. Bashant's Positive Mindset Journal serves as a tool to practice and use these strategies. The journal is available for sale at buildingbetterfutures.co/shop



The Art of Self-Compassion and Letting Go

Have you ever felt compassion for someone who was struggling?...a friend going through a divorce, someone who has a chronic illness, a child who doesn't have enough to eat. Most people find that it is fairly easy to have compassion and a caring heart for others, but that it is much more difficult to show yourself the same compassion. During these challenging times, showing yourself grace and acknowledging that you are human and will make mistakes, is a powerful way to reduce your stress and improve your quality of life. During this webinar, you will learn three ways to practice self-compassion, which will, in turn, allow you to build a more compassionate classroom and school.

Jennifer L. Bashant, Ph.D., LMSW, MA, founder of Building Better Futures LLC, is an Educational Consultant and Trainer, with the mission to provide educators with evidence-based strategies to reduce challenging behavior in the classroom, and therefore, have a positive impact on learning. She is extremely passionate about her work, which is evident in her high-energy, engaging trainings and in her ability to connect with educators in a compassionate and authentic way.

Jennifer provides training and embedded coaching to educators regarding the most behaviorally challenging students. Her approach is trauma-sensitive and strengths-based, and she seeks to foster collaborative relationships between educators and students as they work together as partners in learning. Jennifer has been trained in Collaborative Problem Solving and the Mindful Schools curriculum for students ages kindergarten through grade 12.

As a certified DiSC Trainer and a certified EQ-i 2.0 Trainer, Jennifer also works with administrative teams, building leadership teams and teachers about emotional intelligence and how to communicate more effectively.

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