

REFLECT, PLAN, AND THRIVE: JOURNALING STRATEGIES FOR HAPPY TEACHERS

TEACHER WELLNESS SERIES



In this engaging workshop, all educators are invited to explore how journaling can be a powerful tool for planning both inside and outside the classroom. Participants will learn practical strategies for organizing their week while incorporating moments of joy and gratitude into their routines. We will also discuss sourcing resources for student journaling projects, empowering educators to inspire creativity and reflection in their students. The session will focus on mindset shifts to foster everyday wellness, offering techniques to reduce stress, stay energized, and cultivate positivity in and beyond the classroom. Whether you're new to journaling or looking to deepen your practice, this workshop provides actionable strategies to help you reflect, plan, and thrive as an educator.

SIGN-UP INFORMATION

- November 7, 2024, 5:30pm-6:30pm MST
- Virtual Workshop Format: Attend Where You Are
- Cost: \$10/Participant



ABOUT THE TRAINER

Stephanie Hampton

A dedicated educator with over a decade of experience in public education, specializing in English Language Arts, writing instruction, and using mentor texts in the classroom. Stephanie currently works as an Academic Associate with Arizona State University and the Central Arizona Writing Project.

REGISTER NOW



123-456-7890



www.reallygreatsite.com