An Asynchronous Online MSAA Professional Development workshop for: PreK-12 Educators

Sustaining Educator Wellness for the Long Haul

Featuring *Seaside Educational Consultants* **Presenter:**
Christopher Dodge

Asynchronous Online Workshop

- *Earn 15 PDPs; Approved by DESE for Licensure*
- *Registrants work at their own pace within allotted timeframe*

WORKSHOP STRUCTURE:

MSAA offers this asynchronous workshop in five modules. When the instructor signs off on completed work, registrants will receive an assessment form which will generate a PDP certificate.

Registration is now open. The workshop portal opens October 1, 2021, and closes January 15, 2022.

Content Area: *Safe and Supportive Learning Environments*	**Fees:** Members: *$405/all five modules* Non-Members: *$540/all five modules*
REGISTER NOW	**15 PDPs**

WORKSHOP DESCRIPTION:

The profession is in jeopardy, more than ever before. Educators are frustrated, tired, hopeless and on the brink of burnout. It is said that "you can't fill from an empty cup", but unfortunately it is happening across the country and many are wondering if there is an end in sight.

The modules in this workshop series are meant to help educators take care of themselves. It will bring them back to their sense of purpose, while providing skills that assist them in creating healthy work/life boundaries that are sustainable over time.

Module 1: *Creating a Culture of Caring*

Adults want to work in a building where they are valued and where differences in the adult community are honored and recognized. It is all too common for teachers and leaders to be spending their time on the day-to-day tasks while failing to attend to the hearts and minds of their staff or colleagues. This can lead to toxic cultures where negativity runs rampant and those trying to stay positive lose faith and either burnout, lose their passion for the work, or leave altogether.

After this module participants will be able to:

- Identify factors that lead to toxic cultures and negativity.
- Create a culture of caring.
- Select small, easy-to-implement strategies to validate staff concerns.

Module 2: *Finding Your Tribe*

Feeling isolated and alone, either due to the nature of the remote learning experience or because you are not surrounded by like-minded people in your building? This can lead to frustration and burnout. Technology can be a great accelerator to help expand your network.

Upon completion of this module, participants will be able to:

- Explore and choose social media platforms that help find your tribe.
- Use a hashtag to join or start a social media conversation or join an online chat.
- Grow your practice through a network of colleagues.

Module 3: *Compassion Fatigue*

Are you feeling burnt out by your work as a professional care giver? Yes, taking care of your students and families during this year long pandemic makes you a professional care giver. As internationally recognized trauma treatment leader Eric Gentry, Ph.D., LMHC, explains, "There is no way to do professional caregiving without it having some negative impact on our lives." When a caregiver experiences compassion fatigue what follows is feelings of hopelessness, stress and a sense of inadequacy. We want you to be able to identify this fatigue and learn some emotional resiliency strategies to eliminate stress, combat the emotional demands of teaching and recapture your sense of hope and joy as a teacher.

Module 4: *Boundaries 101*

We all know that taking care of ourselves is important. You may be doing things for yourself but still feeling depleted and empty. Together, we will work on practical strategies for setting healthy work/life boundaries and delegating tasks.

After this module participants will be able to:

- Identify and implement strategies that will make you more efficient.
- Create and execute a personalized self-care plan.
- Draw clear boundaries between work and home.
- Define "monkeys" put onto you and how to shift them where they belong.

Module 5: *Relationship Mapping*

During the pandemic, schools and districts are finding new ways to build and maintain relationships between teachers, staff, and students. Relationship Mapping is the systematic identification of student-adult and adult-adult trusted relationships in the school community. This approach allows educators to identify students or staff who may be at risk of not having a trusted connection and match them with appropriate supports for navigating academic and personal challenges. This mapping technique can be modified for groups of any size and can be adapted to the needs of the person implementing.

At the end of this module, participants will be able to:

- Explain the benefits of positive relationships in a school community.
- Use the relationship map according to the identified population.
- Conduct a data analysis and action plan that addresses identified areas of growth in the relationship map.

Christopher Dodge *is currently the Principal of The Dexter Park Innovation School in Orange, MA, serving 350 students in grades 3-6. As a Responsive Classroom® Morning Meeting staff trainer, Christopher is an advocate for students' social-emotional learning and the impact it has on student achievement. Under his leadership, the Dexter Park Innovation School has moved to an all-inclusion school, servicing students through a co-teaching model of instruction. Christopher serves as the Franklin County Director for the Massachusetts Elementary School Principals' Association (MESPA). He is a connected educator who utilizes social media to make family and community connections. You can follow him on Twitter and Instagram @PrincipalDodge1, on Voxer @cdodge33, and read his blog: http://dexterparkprincipal.blogspot.com/.*