

## **Educator Wellness & Burnout Recovery**

### **Sample Topic:** *Burnout to Balance: Sustaining the Educator Career*

Focus on research-based strategies to recognize, prevent, and recover from burnout. Learn how to set boundaries, build recovery time, and create a personal sustainability plan.

### **Sample Topic:** *Mental Health & Wellness for Men: Addressing Emotional Wellness and Vulnerability*

Focuses on how societal expectations impact men's emotional well-being and how men can address mental health challenges in educational settings. Topics include stress management, handling vulnerability, breaking down barriers to seeking help, and cultivating emotional resilience. This can be led by a therapist or mental health professional with expertise in male mental health.

### **Sample Topic:** *Relaxation & Recovery: Focusing on Men's Wellness*

A specialized session for men offering relaxation techniques such as deep tissue massage, sports massages, and targeted stretching to alleviate tension and reduce stress. This session emphasizes recovery and mindfulness as key elements in maintaining overall wellness in the workplace.

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## **Leadership Through Transitions or Change**

### **Sample Topic:** *Wellness-Centered Leadership for School Administrators*

Learn how to embed wellness into school culture by modeling wellness, supporting staff, and shaping policies that prioritize both student and educator mental health.

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## **Culturally Responsive and Equity-Centered Practices**

### **Sample Topic:** *Racial Battle Fatigue & Wellness for BIPOC Educators*

This session explores how BIPOC educators can manage racial battle fatigue, with wellness practices that prioritize healing and foster connection to equity-centered work.

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## **Social-Emotional Learning (SEL) and MTSS Integration**

### **Sample Topic:** *Mindful Communication with Students, Colleagues, and Families*

Strengthen relationships through mindful communication practices, promoting clarity, empathy, and conflict resolution across school communities.

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## **DEI and Creating Belonging in Schools**

### **Sample Topic:** *Restorative Practices as a Tool for Teacher Wellness & Classroom Culture*

In this session, we will explore how restorative practices can support teacher wellness and build a positive classroom culture, emphasizing healing, reflection, and community in the educational setting.

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## **Mindfulness, Movement, or Healing Practices**

**Sample Topic:** *Compassion Fatigue: Recognizing and Responding as an Educator*

This session introduces mindfulness-based approaches to mitigate compassion fatigue and chronic stress, providing tools to cultivate resilience in educators.

**Sample Topic:** *Strength Training & Wellness for Educators*

Offer a strength training session that combines fitness with wellness, focusing on the mental benefits of strength training, muscle recovery, and mindfulness. This session will incorporate techniques for managing stress through physical exercise and promote resilience through movement.

**Sample Topic:** *Release & Recenter: A Movement Workshop for Burnout Recovery*

Through gentle somatic movement, breathwork, and guided visualization, this session helps educators tune into their bodies, release stored tension, and cultivate present-moment awareness. Participants will leave with a set of movement practices they can integrate into their daily routines to maintain balance and avoid burnout.

**Sample Topic:** *The Healing Hour: Restorative Practices for the Wounded Educator*

This heart-centered session combines sound healing, journaling prompts, and breathwork to create space for emotional release and renewal. Designed for educators who carry the weight of secondary trauma, the session offers tools and rituals that support emotional healing and long-term self-preservation in the profession.

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**Boundary Setting, Time Management, and Sustainable Work**

**Sample Topic:** *Time Management & Energy Leadership for Educators*

Learn how to manage energy, not just time, in order to reduce stress, increase productivity, and create a sustainable work-life balance.

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**Navigating Career Shifts or Purpose-Driven Leadership**

**Sample Topic:** *Reigniting Passion: Navigating Career Shifts in Education*

This session focuses on helping educators successfully navigate career transitions with confidence and clarity. Whether transitioning into leadership, exploring a new role, or reimagining their career in education, this session provides actionable tools to redefine purpose, set new goals, and sustain passion for the work. Participants will learn how to align their personal values with their next professional steps, while also gaining strategies for managing the challenges of change and uncertainty in their educational journey.

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**Wellness Through Creative Expression (Art, Writing, Music, etc.)**

**Sample Topic:** *Canvas of Care: Painting Your Educator Journey from Burnout to Balance*

This session explores the impact of educator burnout through guided reflective painting. Participants will use acrylics or watercolors to create a symbolic representation of their personal journey—past, present, and future—while discussing how reconnecting with creative expression can restore balance, clarity, and connection to one's educational mission. No prior art experience needed.