GRASSROOTS WORKSHOPS

WORKSHOP FACT SHEET



How To Avoid Teacher Burnout By Practicing Self-Care

by Chanelle Cunningham

$49.00

(**$58.80** for 12 months access)

View Workshop

Subjects: General, Wellness

Start Date: Immediate access

Access: 4 months

Timing: Self-paced with no set meeting time

PD Hours: 2 Professional Development Hours

Credits: 1 Graduate Level PD Credit Available

Topics Covered:

- Self-Care
- Overcoming Challenges
- Strategies
- Developing and Implementing Plans
- Setting Boundaries

One tree will be planted per registration (partnership with One Tree Planted).

About This Workshop

If you feel stressed out with little time to take care of yourself due to your workload, then this workshop is just for you. If you find yourself carving out time for everyone else's needs except yours, then this course was definitely made for you.

We'll start by diving into how teachers can practice self-care when they're always exhausted. Then we'll discuss what self-care looks like for different teachers. Next we'll identify the steps to creating a self-care plan. From there we'll discover how to come up with the right self-care plan for you and then delve into what to do if you face challenges with the implementation element. Finally, we'll wrap up the workshop by focusing and talking about how to ensure that your plan is a success.

About the Instructor



Chanelle Cunningham

Chanelle Cunningham is an elementary school certified educator with a background in ESL and fluency in the Spanish language. She is a best-selling author of the children's book on self-efficacy called "I Said What I Said" and several teacher self-help books. She has taught in a variety of diverse settings including the inner city, suburbs, charter, private, public and overseas in Japan. An author, speaker, course creator and teacher advocate, Chanelle is the founder of Nelly Loves 2 Write LLC, a business designed to help teachers flourish in and outside of the classroom by providing resources and content to facilitate their pathway in education. Her mission and service is geared towards helping educators achieve the best outcomes they deserve in any circumstance and in all environments.