

"Onward"

Cultivating Emotional Resilience

A Community of Learners Sponsored by SStr5 and MCESC

"Resilience in educators is key for creating quality classrooms and schools. The opportunity for becoming resilient originates in how an educator makes sense of irritants, interruptions, and unexpected events, because interpretation dictates action."

This series will explore 12 specific habits and dispositions using Onward by Elena Aguilar, to cultivate emotional resilience through a variety of resources and practical application.

Join us for this intentional study towards becoming a more resilient teacher that will transform you and your classroom.



This online event will meet on Tuesdays from 4:00–5:00 pm beginning October 20th

October 20th: Knowing Yourself /Understanding Emotions

- Dispositions: Purposefulness, Acceptance, Optimism

November 3rd: Building Community/Being Present

- Dispositions: Empathy and Humor

November 17th: Taking Care of Yourself

- Dispositions: Positive Self Perception

December 1st: Bright Spots/Cultivating Compassion

- Disposition: Empowerment and Perspective

December 15th: Learning/Playing/Creating

- Disposition: Curiosity and Courage

January 5th: Riding the Waves of Change

- Disposition: Perseverance

January 19th: Celebrate and Appreciate

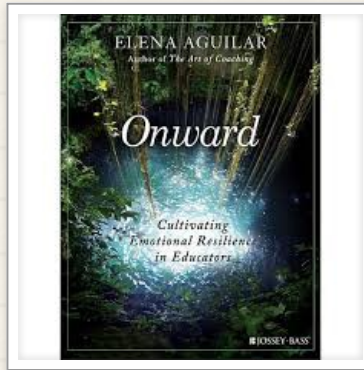
- Disposition: Trust

Registration Details

Please note, when registering for this community of learners series, you are committing to all 7 sessions.

Register through your OH/ID account at <https://ohid.ohio.gov/wps/portal/gov/ohid/login/>.
Click on the tile "Training and Registration".

For questions about registration, please contact Brenda Lawrence at Brenda.Lawrence@SSTR5.org



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