



Staff Well-Being Webinar Series: Resilient Practices for Educators, Staff Members, Administrators and Teams

Registration is required for each webinar.

Thursday, October 21, 3:00 to 4:00 p.m. PDT

Advance Staff Well-Being Through Awareness

Identify how to prevent and move out of [the burnout cycle](#). We all juggle a lot—whether a paraprofessional, teacher, bus driver, cafeteria worker, or administrator. Join us to create a holistic, self-care map based on our limited time and personal needs.

Thursday, November 18, 3:00 to 4:00 p.m. PST

Communicate Healthy Boundaries for Individual and Collective Well-Being

Prevent or move out of the cycle of burnout by [setting healthy boundaries](#). Join us to understand components of setting an effective boundary, reflect on individual challenges and boundary styles, and identify how boundaries support living our values. We will leave ready to communicate our boundaries to adults and youth.

Thursday, December 9, 3:00 to 4:00 p.m. PST

Grow Relationships with Effective Complaining and Gratitude

Strengthen relationships with colleagues, students, and families with effective complaining and [gratitude practices](#). After a deep dive into how effective complaining benefits interpersonal relationships, we will identify how we prefer to receive and give gratitude.

Thursday, January 20, 3:00 to 4:00 p.m. PST

Filling Your Cup: Positive Self-Care Strategies for Educators

Build a safeguard against burnout in the new year. We will practice effectively communicating our needs through [mediation](#), [boundary setting](#) and [gratitude practices](#). Self-care does not mean adding more to our schedule. It helps us thrive in and out of the work environment.

Thursday, February 17, 3:00 to 4:00 p.m. PST

Build a Positive Work Culture by Leveraging Team Members' Strengths

Apply strengths-based values to increase team effectiveness. We will reflect on our identities, values, and unique contributions to boost team dynamics. All school and district staff are welcome to join, including cafeteria workers, bus drivers, paraprofessionals, teachers, and administrators.

Thursday, March 17, 3:00 to 4:00 p.m. PST

Model the Path to Self-Regulation for Students and Colleagues

Empower others and ourselves to manage stress, delay gratification, stay organized, and act with agency over their lives. Self-regulation is a critical skill for young people and adults to navigate every facet of life.

We will demonstrate self-regulation strategies in our [Me Moments Toolkit](#), so we all can model self-regulation in our classroom and work environments.

Thursday, April 28, 3:00 to 4:00 p.m. PST

Give and Receive Feedback for Impactful Relationships

Use a strengths-based approach for more impactful feedback. Receiving and giving feedback does not always feel good, but strong teams rely on the clarity, accountability and vulnerable dialogue that feedback provides. We will discuss several types of feedback, the 'BOOST' model, and common pitfalls that make feedback challenging.

Alliance for a Healthier Generation Facilitators:

Dev Cuny (They/Them/Theirs)
Social Emotional Health Program Manager

Isabel Galvez Lara (She/Her/Hers)
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