



Put Your Oxygen Mask on First! Self Regulation Skills for the Busy Adult

Facilitator(s):	Michele Jones
Date:	November 27, 2018
Time:	9:00 am – 3:30 pm
Cost:	\$50.00 (includes lunch, which is not prepared in a nut/gluten-free environment)
Location:	Edmonton (ERLC Office at Elmwood School) Room 17/18, 16325 - 83 Avenue
Session Code:	19-MH-066



Target Audience

All Teachers

Also Recommended For

Administrative Teams, Educational Assistants, Support Staff, Instructional Coaches

Dress comfortably, and bring a fully charged electronic device.

About this Learning Opportunity

"What other profession requires as much emotional and social intelligence as teaching children?" (Carney, 2015)

The most influential person in a child's life, outside of the home, is the teacher. How can we role model calming strategies, or create welcoming and caring environments for optimum learning if we experience high levels of stressors in both our professional and personal life?

This session will be an interactive session, where you will practice self regulation strategies. You will create your own menu of strategies to use both inside the classroom and out!

This learning opportunity is being provided through funding from Alberta Education.

About the Facilitator(s)

Michele Jones is the Wellness Consultant for ERLC. She has been an educator for over 20 years and prior to joining Edmonton Regional Learning Consortium, she worked in the areas of teacher and student wellness, both at the district and school levels. As a Health champion since 2008, and a past member of the Black Gold Healthy Schools steering committee, she has a wealth of practical knowledge of implementing wellness routines into everyday life.