

## Fill My Cup - I'm Running on Empty!

<b>Facilitator(s):</b>	Kelly Maxwell
<b>Date:</b>	February 13, 2024
<b>Time:</b>	4:30 pm – 5:30 pm
<b>Cost:</b>	
<b>Location:</b>	Virtual
<b>Type:</b>	Webinar
<b>Session Code:</b>	24-MH-354

### Target Audience

Educational/Instructional Assistants

### About this Learning Opportunity

Feeling exhausted and uncertain about the rest of the year? You're not alone, but there's hope. Join this uplifting session designed to help you persevere even when the going gets tough. In just one hour, you'll gain invaluable tools to navigate each day with strength and resilience. This isn't just fluff and stuff; it's about practical strategies to keep you going. You have the power to make it through, and this session will equip you with the confidence to carry on

### About the Facilitator(s)

#### Kelly Maxwell

Kelly Maxwell has a Bachelor's and Master's of Education from the University of Alberta and has been an elementary school teacher for 32 years. She has also completed training in the teaching of Dialectical Behavior Therapy or DBT Skills.

Kelly is passionate about sharing DBT-informed skills with educators because of how they transformed her mental health and her relationships with her family and students. These skills allowed her to better connect with students, de-escalate tense situations and transform her classroom. It also led her to co-found a unique non-profit organization called SILA Skills, which brings these skills to the workplace. SILA = Skills In Life for All. That is their mission - bring skills to everyone so they can be more effective with the people they serve.

With a candid, engaging style, Kelly uses real-life examples from her personal and professional experience to bring her teaching to life. Kelly first learned about DBT Skills when she was searching for something to help communicate with her son, Tom, who had been diagnosed with schizoaffective disorder. She saw immediately how these skills could be used in her classroom. The kids' emotional needs were huge, and the impact on her classroom was immediate.

Learn how you can do the same in your classroom!