Educator Wellness*

Presented by Judith Petruzzi, PSEA Education Services Division

Educators devote a great deal of time and energy to provide positive Social/Emotional Learning (SEL) for the students with whom they work. What about educator SEL? This session explores proactive and restorative measures you can take to practice self-care. Using *The Burnout Cure: Learning to Love Teaching Again*, by author Chase Mielke, strategies to re-connect to why we became educators will be discussed.

*Paraprofessionals*, if taking this workshop for the hours, it is recommended that you obtain pre-approval from your employer to ensure the hours will be accepted.

Members with teaching certificate, if you provide your PPID #, you will receive 2 Act 48 hours for this workshop.

**DATE:** September 30, 2020

**TIME:** Workshop — 6:00-8:00 p.m.

**LOCATION:** Online via Zoom

RSVP no later than September 25, 2020!

(online at [www.psea.org/er](http://www.psea.org/er) or email to e-rgn@psea.org)

Several days before your session, you will receive a confirmation email containing Zoom information for the workshop.