

Join our Webinar

# CONTINUING THE DISCUSSION ON **WELLNESS, SELF-CARE, AND RESILIENCE FOR EDUCATORS**



On May 2023, **Dr. Kelli Johnson**, Dean of the College of Psychology and Behavioral Sciences, and **Dr. Jennifer Engelland-Schultz**, Assistant Professor of School Psychology in the National College of Education, held a discussion on wellness, self-care, and resilience for educators. In this interactive follow-up webinar, Dr. Johnson and Dr. Engelland-Schultz will share effective, easy-to-use strategies for practicing self-care. Attendees will develop a wellness plan and share ideas on how to model these skills for students. This webinar is open to all educators and caregivers looking to start the school year strong and create a self-care social network! Note: You are welcome to attend even if you did not attend the first webinar.

**THURSDAY, SEPTEMBER 7  
3:00 PM - 4:00 PM CST.**

**RSVP:**



**[on.nl.edu/wellnessept2023](https://on.nl.edu/wellnessept2023)**