

Northshore

LEARNING

Cultivating Resilience and Wellbeing

Webinar Series

Jessica Werner, Ph.D
Northshore Learning, LLC; 2023 ©

Program Objectives:

This six-part webinar series is designed to promote wellbeing and resilience among participants. The six can be offered as a package or independently. Each webinar is one hour in length and facilitated over Zoom.

Each session will introduce a 'toolbox' of practices that participants can access when faced with change and challenge. The webinars will be interactive in nature but attendees can also elect to passively engage, if that is what they prefer. Each webinar will also include a downloadable workbook in which participants can take notes and complete reflective activities.

The topics covered will draw from research in the following fields:

- Personal Leadership
- Mindfulness
- Neuroscience
- Self-Awareness
- Social and Emotional Learning Practices

Dr. Werner has created a curriculum that introduces and scaffolds these concepts throughout the series. However, the webinars are also designed to stand alone. Each session will include a guided meditation and self-awareness exercise. Participants will be encouraged to identify a S.M.A.R.T. goal at the conclusion of each webinar that they can implement immediately.

Learning Objectives for Each Webinar:

Session I: Leading the Self and Others During Challenging Times

- Discuss the connection between leadership, resilience, and wellbeing
- Identify who you are at your best and create a vision statement that will serve as a guide for who you want to be when life presents challenges

Session II: The Self-Care Toolbox for Educators

- Learn and begin to apply the fundamentals of self-compassion
- Identify which self-care strategies personally resonate, and create a plan of action to implement these practices in your daily life on both 'micro' and 'macro' levels

Session III: Engaging with Ambiguity

- Develop a skill-set to thrive during times of ambiguity in your personal and professional life
- Discuss how ambiguity and uncertainty can be positive, and ultimately enhance our creative potential

Session IV: Embracing a Mindset of Curiosity and Possibility

- Explore what judgment is teaching us about ourselves and the way we navigate challenge
- Examine how to engage with difficult situations with a mindset of curiosity and possibility, rather than fear or anxiety

Session V: Attending to Emotions to Inform Decision-Making

- Learn how our emotions bring clarity and insight to our capacity to thrive
- Discover strategies to help shift your emotional state when you feel overwhelmed

Session VI: Fostering Renewal and Wellbeing

- Learn about how 'the body keeps the score' and internalizes stress, and how to recognize and interpret physiological triggers
- Discuss the four quadrants of energy renewal and discover how to incorporate these strategies into your daily routine

About the Facilitator:



The program will be facilitated by Jessica Werner, Ph.D., founder and lead consultant for Northshore Learning. Dr. Werner is a certified coach who holds a doctorate in Educational Policy and Administration from the University of Minnesota, and a Master's and Bachelor's degree from the University of Notre Dame. She works in a variety of school settings around the world providing leadership trainings and instructional coaching that incorporate a blend of mindfulness, neuroscience, and social and emotional learning. Dr. Werner has previously lived and worked in Honduras, Uganda, Ethiopia, Chile, and Poland. She lives in Vadnais Heights, MN with her family and is an instructor for the Institute for Educational Initiatives at the University of Notre Dame

Recent Testimonials:

"I enjoyed all of the information and ideas. I'm excited to apply this with my students." – Middle School Teacher, Guadalupe Prep Middle School, Brownsville, TX

"This is such a great service you are providing to educators!" – Michael Kelleher, Principal, All Saints School, Richmond, VA

"Jessica! You are amazing! I loved your workshop and how real you are! I walked away feeling so much better about life as a whole and our teaching year!" – Ann Marie Bartz, First Grade Teacher, Nativity of Bloomington, MN

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For more information, please contact us directly:
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