

MINDFULNESS WORKSHOP

Presented by: Liz Guerra

AFT CT Field Rep

December 16, 2020

(WEDNESDAY)

5-6pm

According to a study done by Dr. Ilana Nankin, there is a “critical connection between teacher well-being and student learning.” This workshop will teach educators to do just that – put their well-being first, in an effort to create the best class environments at their schools and at home. Using various meditation and breathing techniques, participants will be equipped with tools to work through stressful work environments and how to bring these tools into their classrooms.

Zoom link to be provided after registering.

Register online at
<https://leadernet.aft.org/webform/mindfulness>
or email: amowrey@aftct.org