

# Mentoring in Action

BALANCE. INSPIRE. LEAD. *TRANSFORM from the*   
mentoringinaction.com

## EDU 719 Online Professional Learning

### Social and Emotional Learning: Self-Care for Educators

For all teachers, specialists, nurses, counselors, administrators, and school personnel who support student success.

*“We need to take care of ourselves so we can better serve others.”*

Educators often struggle with taking care of themselves. We put others first and often feel stressed and overwhelmed with all our responsibilities. This mini-course offers participants an opportunity to learn 1) social and emotional skills to minimize stressful reactions 2) the benefits of mindfulness and 3) practical ways to integrate self-care into our busy lives. The purpose is to have us realize that self-care is *not selfish!*

The content is self-paced and delivered in a .pdf document which includes videos, readings, and reflections. An online mentor communicates with each course participant by phone at the beginning of the course to confirm the timeline for course completion and to answer any questions. The online mentor also reads and responds to all reflections at the end of the course.

#### REQUIREMENTS:

1. Introductory Activities and a Phone Appointment with online mentor
2. Three Lessons:
  - Lesson 1: BALANCE: *Understand Social and Emotional Learning for Adults*
  - Lesson 2: INSPIRE: *Use Mindfulness Strategies*
  - Lesson 3: LEAD: *By example modeling healthy self-care*
3. EXIT Survey

#### **\$250 COST INCLUDES: 1 graduate credit and online mentor feedback.**

1 credit = 15 re-certification PDPs (experienced teachers) or 15 mentoring hours (novice teachers seeking professional license who need to meet DESE 50 hours beyond year 1 requirement).



#### **COURSE DESIGNER:** Carol Pelletier Radford EdD

Carol is the Founder of ***Mentoring in Action***, an organization committed to preparing and supporting mentors so they can facilitate the growth of novice teachers. Carol is a certified yoga teacher and believes self-care is not selfish. [MentoringinAction.com](http://MentoringinAction.com).

**REGISTRATION:** Email [Karen.Gannon@comcast.net](mailto:Karen.Gannon@comcast.net) for information on how to register.