



# From Stress to Resilience: Mindfulness-Based Self-Care for Educators

This 10-session professional development opportunity will examine the ten pillars of resilience. Each session is delivered via Zoom on Tuesday evenings, 7:30-8 pm. Educators will learn, discuss, and practice ways to increase resilience, engage in sustainable self-care, and manage stress.

Mindfulness based interventions will focus on the demands of teaching and meeting the needs of students amidst the Covid pandemic. Opportunities for practice will be incorporated throughout this virtual program. Educators may earn CPDUs or equivalent for attending each of these sessions

**Join us Tuesday evenings 7:30-8pm on Zoom using this link:**

<https://us02web.zoom.us/j/84145690713?pwd=SWxjWW1YeFdJclRnajJORWVkbWHIVdz09>

This link is also available on the SEDOM website: [www.sedom.org](http://www.sedom.org)



September 28

October 5

October 12

October 19

October 26

November 2

November 9

November 16

November 30

December 7



## About the Presenter:

**Kristie Brendel, Ph.D., LCSW, PEL, C-IAYT**

Dr. Brendel is an Associate Professor of Social Work at Aurora University. Her teaching, research, and practice interests involve the intersection of mindfulness based interventions, stress reduction research, and resiliency practices. Dr. Brendel is the founder and executive director of Per La Vita Wellness, LLC, a social enterprise with the mission of increasing supports and protective mechanisms for health care, mental health, and school based professionals as well as children and families. Dr. Brendel presents nationally and internationally on her research and regularly facilitates professional development workshops and retreats at school districts, non-profits, and the corporate sector.

**Sponsored by SEDOM, The Special Education District of McHenry County; [www.sedom.org](http://www.sedom.org)**

