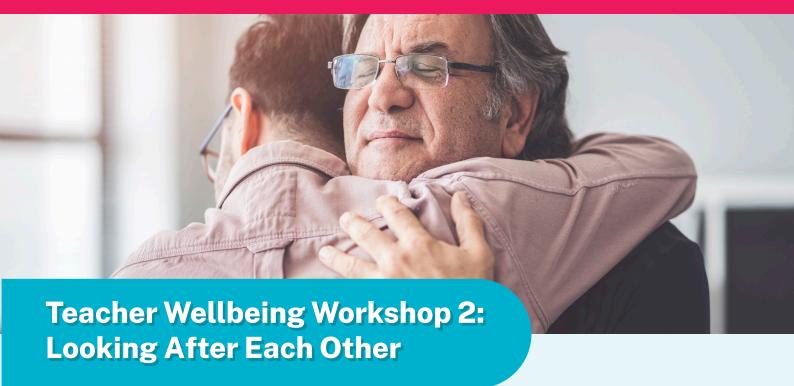
ALL STAFF



AUDIENCE

All Staff

DURATION

60 minutes

FORMAT

In-Person Workshop

ABOUT THIS WORKSHOP

This Teacher Wellbeing Workshop is designed to **build stronger connections** amongst staff-knowing that these relationships are a key protective factor for stress and burnout.

Participating in this session will:



Equip staff with simple strategies to build trust within the workplace.



Encourage staff to listen with empathy and be vulnerable with each other.



Strengthen workplace relationships through meaningful connection.