



FROM BURNOUT TO BALANCE A BLUEPRINT TO WELL-BEING

This timely professional development workshop empowers educators and school leaders with actionable strategies to combat burnout, prioritize well-being, and foster resilience in today's demanding educational landscape. Grounded in evidence-based practices from positive psychology, mindfulness, and cognitive behavioral science, the session equips participants to enhance their social-emotional health—benefiting classroom climate and student achievement alike.

At the heart of the workshop is the exploration of the PERMA-V model (Positive emotions, Engagement, Relationships, Meaning, Accomplishment, Vitality), a cornerstone framework in positive psychology. Participants will learn how to apply its principles to build resilience, sustain well-being, and create a thriving educational environment.

By integrating these strategies, educators will leave with practical tools to move from surviving to thriving—igniting a ripple effect of well-being throughout their schools and communities.

Takeaways

Participants will gain:

- A personalized wellness action plan
- Specific strategies to cultivate Positive Emotions through gratitude exercises and reframing techniques.
- Approaches to increase Engagement by identifying and leveraging strengths.
- Ways to deepen Relationships by building connections with colleagues and students.
- Techniques to foster Meaning by aligning daily work with personal and professional values and purpose.
- Goal-setting strategies to achieve a sense of Accomplishment and celebrate progress
- Insights on enhancing Vitality through practices that support physical health, including movement, nutrition, sleep, and energy management.
- Ready-to-use classroom activities that promote teacher and student well-being.
- Knowledge of the connection between educator wellness and student success.

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