

SELF-COMPASSIONATE, RESILIENT & CREATIVE EDUCATORS

Professional development workshop series presented by
Portland Ovations & UNE School of Social Work

This professional development opportunity is a series of five **90-minute virtual workshops** for teachers/staff that centers self-compassion and fosters resiliency through the arts. The sessions will be facilitated by Sarah Coleman, MFA (Portland Ovations) and Arabella Pérez, LCSW (UNE School of Social Work). The workshops will build educators' knowledge and skills around toxic stress, self-compassion, and resiliency. It will offer some background on the stress continuum, the differences between burnout, compassion fatigue and secondary traumatic stress, and the brain science behind these concepts with the goal of fostering resiliency. It will include reflective activities along with strategies/coping skills that teachers can use themselves and in the classroom. The workshops center drama-based pedagogy, arts integration, movement and breathing as ways to creatively engage in embodied ways of learning and practicing the knowledge gained. Additionally, the series will strengthen educators' understanding of their students and support them using a trauma and resiliency informed framework.

Session #1: Introduction & Community Building

Session #2: Toxic Stress & Trauma

Session #3: Resilience, Empathy & Compassion

Session #4: Self-Compassion & Fostering Resiliency

Session #5: Reflection & Next Steps

Workshop series can accommodate up to 20 participants.

Each participant must commit to attend all 5 workshops.

Workshops will occur over Zoom.

Questions?

To learn more about the series or inquire about having it at your school
email Sarah Coleman at offstage@portlandovations.org

