

MENTAL WELL-BEING SERIES FOR EDUCATORS



ECLS and Open Parachute are proud to present a series of sessions on Mental Well-Being.

1. Helping Students Make Healthy Decisions about Technology

In this session, educators will gain an understanding of why many students make unhealthy decisions regarding technology, and some practical tools to help students navigate online choices with wisdom and accountability.

October 9, 2024

2. Supporting Students who are Worried, Anxious, or Stressed

In this session, educators will learn to notice the signs of worry, anxiety, and stress, and when/how to intervene. They will learn strategies for providing support without 'rescuing' students in a way that promotes long-term resilience.

November 20, 2024

3. Coping with Educator Compassion Fatigue

In this session, educators will gain an understanding of the mental health impacts on themselves as a result of the support they provide for students. They will learn tools and strategies for supporting themselves at the same time, to prevent burnout and stress, and promote long-term thriving as an educator.

January 15, 2025

4. Helping Students Navigate Change & Transitions

In this session, educators will learn why transitions can be so challenging for students, and some practical strategies for helping their students manage any changes they face in school and in life.

March 12, 2025

CLICK TO JOIN THE ZOOM MEETING

Passcode: AISCA

Time:
3:45PM
TO
4:30PM

These sessions will be led by Dr. Hayley Watson, founder of Open Parachute and a clinical psychologist with a PhD in school bullying interventions, and 17 years of experience developing and delivering school well-being programs.

