

Mindful Living for Joyful Teaching



with Suzanne Bracci

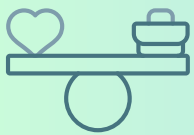


Join Southtown Teachers Center, as we welcome facilitator Suzanne Bracci for a conversation on self-care and wellness.

Suzanne's extensive expertise in stress management and mindfulness techniques, paired with her positive and gentle energy, makes for an engaging and interactive experience sure to make you feel more in control of your own wellness,...in and out of the school environment..

"I believe everyone has incredible strength that sometimes gets buried under the challenges of life."

-Suzanne Bracci



Session 1: IDENTIFYING YOUR STRESSORS 9:30-10:45

This interactive, reflective workshop will help participants identify the stressors that are zapping their energy and learn simple self-adjustments they can make for greater peace and joy in both their professional and personal lives.

Short 15 Minute Break

Session 2: SOLUTION-FOCUSED ACTION 11:00-12:15

Learn the skills of mindfulness, thought reframing, and solution-focused action. Set a plan in motion for home and work, ensuring a terrific remainder of the school year, no matter what is happening around you!

Light Refreshments will be available.
Participants will also receive a reflection journal.

Date: SATURDAY, APRIL 20, 2024

Time: 9:15-12:15 CHECK-IN 9:15 PROGRAM BEGINS 9:30AM

Place: HAMBURG LIBRARY - 102 BUFFALO ST HAMBURG

Cost: FREE Earn 3 CTLE HOURS



REGISTER TODAY! LIMITED SPACES AVAILABLE

[SOUTHTOWNTEACHERSCENTER.ORG](https://southtownteacherscenter.org)

Workshop
Part of the Far West Network Wellness Institute