

When "I" is replaced with "we,"
even illness becomes wellness.

- MALCOLM X



2 NEW WORKSHOPS TO EMPOWER & BUILD RESILIENCE

LEARN MORE & BOOK NOW AT WWW.LAEP.ORG/CORE-WORKSHOP

Restore with CORE - Educating & Thriving Through a Crisis

Participants will:

- Understand how their personal responses to uncertain times in the global community - COVID-19 and racism - impact their well-being and the climate of a school community.
- Explore strategies that promote individual and collective well-being during the pandemic.
- Apply their new learning immediately to encourage safe professional and personal behaviors during the pandemic.

CORE Equity - Racial Healing & Well-Being in Schools

Participants will:

- Understand how their power and privilege as it relates to their identity impacts their well-being.
- Understand how their power and privilege as it relates to their role impact the climate of a school community.
- Explore strategies that promote individual and collective racial healing and well-being.

CORE IS CREATED **FOR** TEACHERS **BY** TEACHERS.
EMAIL: CORE@LAEP.ORG

LOS ANGELES EDUCATION PARTNERSHIP
CORE WORKSHOPS & COACHING **■** WWW.LAEP.ORG



Cultivating Organizational Resilience & Empowerment

ONGOING WORKSHOPS

(AVAILABLE IN 1- TO 3-HOUR FORMATS.)

LEARN MORE & BOOK NOW AT WWW.LAEP.ORG/CORE-WORKSHOP

Restore with CORE: Employee Well-Being 101

Participants will:

- Understand how their personal responses to stress impact their well-being & the climate of a school community.
- Explore strategies that promote individual & collective well-being.
- Apply their new learning immediately to both professional & personal interactions.

CORE Resilience

Participants will:

- Deepen their understanding of the concepts of trauma & resilience in relationship to a healthy school environment.
- Explore ways to increase org resilience using trauma-informed principles & strategies.
- Reflect on the current state of employee well-being at their school site.

CORE Relationships

Participants will:

- Discover internal & external resources to support resilience & well-being.
- Explore ways to improve connectedness within the school community & identify ways to maintain active, positive engagement.
- Envision practices of collective care at their school site.

CORE Boundaries

Participants will:

- Learn about the impact of stress & relationships on our ability to thrive & how that translates in school environments.
- Re-frame “burnout” in the context of our profession.
- Brainstorm boundaries essential for a thriving school community.
- Understand school well-being goals & its impact on them.

CORE Sustainability

Participants will:

- Explore & review best practices for building org resilience & practice self & co-regulation strategies.
- Practice resiliency strategies & apply to daily routines & interactions with students & colleagues.
- Reflect upon CORE learnings & identify next steps for sustainability.

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