

Administrators,  
Counselors, and  
Teachers you are invited  
to participate in our  
Winter 2025 Educator  
Well-Being Course!



ONLINE  
REGISTRATION  
OPEN

ENROLL NOW

**WHAT** Receive continuing education credit while focusing on your own well-being!

**WHEN** Our Winter cohort is a ten-week course that meets weekly for 90 minutes over zoom.

**WHY** **Address** your own well-being by exploring well-being topics and strategies. Collaborate, learn from, and **connect with other educators** across the country.

## WHAT PREVIOUS EDUCATORS HAVE SAID...

- "It was so nice to visit and learn from other educators. It was good to realize that we universally have strengths and struggles and that we are not alone in our experiences."
- "I have loved every minute of this course. I feel like I have gotten more out of this class for my personal well-being than anything I have done."
- "This class helped me focus on the things that are most important. I have started to show more empathy and looked for more creative problem solving ideas. I have gained great insights on boundaries at work, time management, and functional collaboration."

Call 801.400.1422  
for more information

<https://infocuseg.com>