

Administrators,
Counselors, and
Teachers you are
invited to participate in
our Fall 2024 Educator
Well-Being Course!



ONLINE
REGISTRATION
OPEN

ENROLL NOW

WHAT Continuing Education Course for USBE or SUU credit. This class can also count towards your Educator Directed Paid Professional Hours Plan.

WHEN Our Fall cohort is a ten-week course that meets weekly for 90 minutes

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

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 801.369.7384
for more information

<https://infocuseducationgroup.com>