

Cultivating Emotional Resilience in Times of Crisis and Change

The Oregon Association for Career and Technical Education (Oregon ACTE) and the Oregon Education Association (OEA) are working in partnership to better prepare Oregon educators for the 2020-21 school year. We are hosting a professional development opportunity that offers tips and inspiration on how to be ready to be emotionally prepared to re-enter our classrooms in person or online with a half-day session followed by breakout sessions to build alliances and support.

Thanks to the support of OEA Choice Trust, we are sponsoring Elena Aguilar, President and Founder of Bright Morning, to share ideas and support for educators to cultivate emotional resiliency in our practice. Between the COVID virus and the political and racial concerns for ourselves and our students, this will be a good foundation to support us in our work.

The Oregon Department of Education is hosting the event via GoToWebinar where participants can sign up to be a part of the 90-minute session. There will be breakout sessions following the speaker to allow for group conversations and to share ideas. Those sessions will continue for educators during the school year. This webinar will explore high leverage strategies that anyone can use to build their resilience, as well as the resilience of others. Participants will practice using these strategies as well as understand why they are so effective, particularly in time of crisis and change.

Please register for “Solutions for Educators: Dealing with Trauma During Difficult Times” on Aug 12, 2020 9:00 AM PDT at:

<https://attendee.gotowebinar.com/register/4818791535495404047>

After registering, you will receive a confirmation email containing information about joining the webinar.

More information regarding continuing education credit will be sent for those interested.

Here is a link for more information about the speaker:

<http://brightmorning.com/our-team>

