

# TEACHERS & EDUCATORS A CIRCLE OF CARE



YOU MATTER. YOU ARE VALUABLE.  
YOU DESERVE CARE.

A recent survey of teachers revealed that the emotions of anxiety, fear, worry, overwhelm and sadness were the top 5 most frequently experienced states with the return back to school.

There is a huge dissonance right now, between the messages of "self-care" and "be-well" and the reality of the demands and chaos of returning to a school year amidst a pandemic.

Teachers are returning to a variety of contexts and each one has trade-offs and demands that create the need to set new priorities and vision.

Part of this emerging paradigm includes an urgent need for teachers to take care of themselves in a new way. One possibility is to create a separate time and space away from the classroom and home stressors for meaningful connection with those who really understand. This energizing support is an important supplement for your health and resiliency during the current challenges.

## **Together we will:**

Take time to calm our nervous systems and the sympathetic nervous system arousal that comes with high stress situations. We will learn to identify our stress warning signals and build techniques that will support and anchor us to our resilience and resources in the midst of the difficult and changing demands of our schools, classrooms and online learning experiences.

## **The Series**

The *Caring for Ourselves series* is made up of a small group of teachers, educators and school personnel who are facing the challenges of returning to school. Each group is made up of 8 participants and meets for one hour per week for a total of 6 weeks.

## **The Cost**

The discounted cost for this 6- week series is \$150.00 per person . This includes:

- One interactive 60 minute group session per week via Zoom (best time to be determined by the group participants at the first session)
- Replay of audio meditations, stress management and body awareness exercises
- Electronic workbook.

**This offer is valid through September 30, 2020.**

To register: [www.suzannahsabin.com](http://www.suzannahsabin.com)

Note: For added and individualized support, 2-one on one resiliency coaching sessions during the 6 week series can be scheduled for an additional fee.

## **FACILITATED BY:**



### **Suzannah Sabin**

*RN, BSN, NC-BC, NBC-HWC*

*Director of Princeton  
Integrative Coaching and  
Professional Nurse Health  
Coach*



Within her 25 years of experience as a registered nurse, an independent consultant, keynote speaker and professional coach, Suzannah has honed her stress management leadership skills and has worked with countless organizations to improve employee resiliency and stress management skills. She provides small group coaching, 1:1 coaching and customized programs to address ongoing and emerging stress management needs.

Her extensive training and certifications have supported her work to improve the quality of wellness initiatives through proven and practical resiliency techniques.

Suzannah offers leadership development at the intra-personal, interpersonal and systems level and offers group facilitation in both corporate and community settings.