



REL West Webinar:

Strategies for Districts to Support Self-Care for Educators During the COVID-19 Pandemic

April 29, 2020 12:00–1:15 pm PT

12:00 pm	Introductions <ul style="list-style-type: none">BethAnn Berliner, REL West at WestEd
12:05 pm	Overview of Self-Care <ul style="list-style-type: none">Dr. Christina Pate, National Center to Improve Social & Emotional Learning and School Safety
12:10 pm	Three Key Self-Care Strategies: Healthy Mindsets & Behaviors, Connectedness & Belonging, and Healthy, Realistic Boundaries & Interactions <p><i>Presenters will share the research base for each strategy and examples of how districts can cultivate and encourage self-care among their educators.</i></p> <ul style="list-style-type: none">Dr. Christina Pate, National Center to Improve Social & Emotional Learning and School SafetyDr. Kaylene Case, School Psychologist, Douglas County School District (Colorado)
12:45 pm	Discussion <p><i>Presenters will provide a synthesizing discussion and respond to participant questions.</i></p>
1:15 pm	Closing and Surveys
