



New Course Begins September 2020!

Be Here Now: Mind-Body Wellness and Emotional Resilience for Educators

Description: Amidst all we continue to experience during this COVID-19 pandemic, we need time and space to reflect on our habits of wellness and resilience. The goal of this course is to help you develop a personal self-care routine so you can share your best self and the practices you learned with the students, families, and communities you serve!

We will draw from the work of authors Elena Aguilar (educational consultant and coach) and Rick Hanson (psychologist), Ohio's Social/Emotional Learning Standards, and a variety of breathing, mindfulness, yoga, and meditation techniques.

Instructor: Christy Roshong, Consultant at the ESC of Northeast Ohio. Christy is a school psychologist and former special education administrator. She is also a registered yoga teacher.

Schedule: August 2020- May 2021. See below for specific dates and access options* Register by September 1, 2020. Space is limited.

Guided Independent Study	Professional Learning Community	Coaching Add-On
<ul style="list-style-type: none"> Monthly e-publication that includes: Summary of the monthly theme Reflection questions Guided video practice Instructor availability for questions 	<ul style="list-style-type: none"> Access to lesson modules and on-line platform Theme-based monthly lesson and discussion (on Zoom) Guided video practice Ongoing discussion board Contact Hours 	<ul style="list-style-type: none"> Option for participants registered for Independent Study or Interactive Course <i>Onward</i> book Individual Goal-Setting Bimonthly coaching (20 minutes/ session) Contact Hours
<ul style="list-style-type: none"> Monthly content delivered September 2020- May 2021 	<ul style="list-style-type: none"> Introductory meeting September 14 at 4:30 PM. Monthly class meets last Monday of month September 28- May 24 (no December session) 4:30-5:45 PM via Zoom 	<ul style="list-style-type: none"> Scheduled at a mutually agreeable time between educator and coach September 1- May 31
Cost: Free	Cost: \$150	Cost: \$400
Registration Information	Registration Information	Registration Information

Further Questions? Contact Sue Coughlin at sue.coughlin@escneo.org or 216-901-4230

- If cost is the primary barrier to your participation, please contact us.
- Recommend texts are not required for participation but will deepen the learner's experience.

**This course and content can be customized for your own school, district or professional learning community. Contact us for a proposal!*