

RECHARGING TOGETHER FOR THE ROAD AHEAD

RESET, RECONNECT, AND
RECENTER: CARING FOR OURSELVES
WHILE SUPPORTING OUR STUDENTS



**Guest Presenters &
Facilitators Announced**

2/6 from 1:00-4:00PM

Register Today at
www.neoaonline.org



Monique Coulson,
M.Ed.



Brandy Whitney,
M. Ed.



Lisa Rivera,
Ed.M



Dr. Christine Shaw



Bryan Landgren,
M.Ed.



Gaelyn Hastings,
M. Ed.

Schedule of Events

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|---------|--|---|--|
| 1:00 PM | | Welcome & Opening Plenary | <i>"Steadying the Ship: Navigating Change with Resilience and Self-Care"</i> |
| 1:30 PM | | Wellness Workshop #1: | <i>"Setting Boundaries During Emotional Highs & Lows"</i> Facilitators: Brandy Whitney, M. Ed. & Monique Coulson, M.Ed. |
| 2:00 PM | | Wellness Workshop #2: | <i>"Supporting Students Through Times of Change"</i> Facilitator: Lisa Rivera, Ed.M. |
| 2:30 PM | | Wellness Workshop #3: | <i>"Mindfulness in Moments of Transition"</i> Facilitator: Dr. Christine Shaw |
| 3:00 PM | | Community Connection: | <i>"Sharing Strengths: How We Move Forward Together"</i> |
| 3:30 PM | | Closing Wellness Activity | Facilitator: Gaelyn Hastings, M.Ed. |
| 3:55 PM | | Closing Remarks | Facilitator: Bryan Landgren, M.Ed. |

