

## Lunch and Learn Series! Teaching Through Trauma: Promoting Educator Wellness and Strengthening Staff Morale

A survey of U.S. public sector workers found that K-12 public school educators were the most likely to report higher levels of anxiety, stress, and burnout during the onset of the pandemic. As time continues and the pandemic persists, educators are increasingly being tasked with supporting students' diverse academic, behavioral, and emotional needs. These responsibilities are present despite staffing shortages and workload increases, which further increases the likelihood of burnout.

In light of all of this, it is vital that educators do not overlook or minimize the importance of self-care. This lunch and learn series will address how we can recognize signs of stress, pressure, and trauma that staff encounter as well as propose practical strategies for increasing staff collaboration and support. Furthermore, we will explore how changes in our adult practices can help boost staff morale, build connectedness, and improve school culture and climate. Topics of discussion will include wellness for educators, prioritizing staff well-being within school culture, withstanding effects of trauma, and creating systems to support emotional health.

The format of this series will be a flipped classroom model. During the sessions, participants will network and share ideas and strategies. We will utilize a Google Site platform to house articles and resources that can be viewed prior to the one-hour professional learning sessions.

***\*This a repeat series from the 2021-22 school year. If you joined us last year, you are welcome to attend again.***

**Dates: September 27, 2022; October 4, 2022; October 11, 2022; October 18, 2022**  
**Time: 11am-12pm**

**Cost:**

No Cost

**Contact Hours:**

Two (2) contact hours available per session

**Location:**

Virtual Platform via Zoom

**Questions regarding content?**

Please contact Tara Finton at 614.542.4126 or [Tara.Finton@escoco.org](mailto:Tara.Finton@escoco.org)

**Registration:**

Please register for each session individually in (STARS) **OHID link** at: <https://OHID.ohio.gov>

**Questions regarding registration?**

Please contact Ann Slane at 614.753.4691 or [Ann.Slane@escoco.org](mailto:Ann.Slane@escoco.org)