



Jordan PreKinder- Grade 12 Educators you are invited to participate in our 2024 Educator Well-Being Continuing Ed Courses for admin, teachers, counselors, & specialists!



**ONLINE
REGISTRATION
OPEN**

ENROLL NOW

WHAT Continuing Education Course for USBE or SUU credit.

WHEN Winter Cohort registration is open. Class meets on Thursdays 4:00-5:30 pm over zoom. January 11- March 21. No class on district/school holidays.

WHY **Address your own well-being** by explore strategies associated with connection, happiness, self-care, conflict resolution, growth mindset, problem solving, and more! Collaborate, learn from, and **connect with other educators** across the country.

WHAT PREVIOUS EDUCATORS HAVE SAID...

- *"It was so nice to visit and learn from other educators. It was good to realize that we universally have strengths and struggles and that we are not alone in our experiences."*
- *"I have loved every minute of this course. I feel like I have gotten more out of this class for my personal well-being than anything I have done."*
- *"This class helped me focus on the things that are most important. I have started to show more empathy and looked for more creative problem solving ideas. I have gained great insights on boundaries at work, time management, and functional collaboration."*

Call 801.369.7384
for more information

<https://infocuseducationgroup.com>