

# Intradistrict Communication

DATE: October 2, 2023

TO: All Administrators

FROM: Michael Anderson, Associate Superintendent  
Travis Hamblin, Director of Student Services  
McKinley Withers, Health and Wellness

SUBJECT: **FREE!** Teacher Well-Being Course with practical strategies

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Jordan District educators are invited to participate in our 2023 FREE Educator Well-Being Continuing Ed Courses for administrators, teachers, counselors, and specialists. This course is an opportunity to address *your own* well-being by exploring practical strategies associated with connection, happiness, self-care, conflict resolution, growth mindset, problem-solving, and more! Collaborate, learn from, and connect with other educators throughout the District as you work towards meeting your own wellness goals.

This course is FREE for JSD employees and Fall, Winter, and Summer sessions are available on a first-come, first-served basis. Space is limited for this great opportunity!

Participants can earn continuing education, lane-change, and re-licensure hours from SUU (up to 3 college credits).

Sign up using the [attached flier](#) and share this information with professionals in your schools who may be interested in this opportunity.