



# Washington Early Achievers Institute

## Nurturing the Nurturers: Cultivating Educator Resilience and Wellness

### ON DEMAND SESSIONS

\*Highlighted sessions not eligible for STARS credit hours

A Step-By-Step Vision Board Workshop For Clarifying (And Achieving!) Your 2021 Goals

Belonging as a Nurturing Practice

Circle Time -Big Kids Episode 1

Creating Self Care plans: Nurturing Self-Compassion (Eng)

Creating Self Care plans: Nurturing Self-Compassion (Esp)

De-Cluttering Your Life

Documentary Discussion of Screenagers Next Chapter, Uncovering Skills for Stress Resilience

Documentary Screening of Screenagers Next Chapter, Uncovering Skills for Stress Resilience

Early Achievers Systems Changes

Estrategias para Forjar el Bienestar Integral

Everyday Resilience for Providers & Educators Working with Children

Guided Meditation Day 1: Where You Want to Be\*

Guided Meditation Day 2: Relax with Hand Movement\*

Guided Meditation Day 3: The Power of Loving-Kindness\*

How Self Compassion Fuels Resilience

Introduction to the Coaching Companion

Manage your Energy, Not Your Time

Mindful Movement and Stress Reduction- 1 of 3

Mindful Movement and Stress Reduction- 2 of 3

Mindful Movement and Stress Reduction- 3 of 3

Reimagining Resilience

Rejuvenate and Renew: Strategies for Educators

Repairing Energy Drains

Resiliencia diaria para proveedores y educadores que trabajan con niños

Supporting School Age Children

Presented by



Funded by



Washington State Department of  
CHILDREN, YOUTH & FAMILIES

In Partnership with



WASHINGTON  
EARLY ACHIEVERS  
PREPARING CHILDREN FOR SUCCESS IN SCHOOL

