



THE WELL TEACHER

The Well Teacher Group is a program that focuses on developing tools and skills related to improving teachers' vitality and resiliency. This holistic approach to wellness will equip teachers to make lifestyle changes that will positively affect their physical, mental, and emotional well-being. All groups are virtual and facilitated by trained health consultants.

The groups will focus on the following areas:

Discussions on the challenges facing teachers in maintaining wellness and balance, and how to improve these areas both with goal setting and commitment to self.

Discussions on physical health challenges facing teachers—such as pain, fatigue, ergonomics, and voice.

The opportunity for teachers to examine their own levels of burnout and mental health, and to utilize tools to assist with managing negative thinking.

Development of an individual wellness plan, with goals specific to each participant, based on the information and strategies discussed throughout The Well Teacher Group.

Additional information is available on our website: www.bctf.ca/advocacy-issues/member-supports#well-teacher-groups.

[Click here to register](#). Please make sure to include the local or locals the workshop is being offered in on the final line of the form.

Local(s) participating: 22, 23, 53, 67, and 83

Name of presenters: Laurie Denton

Workshop dates: Tuesdays beginning January 17 to February 21, 2023

Time of workshop: 4:00–6:00 p.m. PST