

Teacher Renewal Retreat: Cultivating Well-being in High Stress Educational Settings

When: Two-day series (9-4:30: Saturday Nov 10th and 17th)
Where: All Souls Interfaith Conference Center, Shelburne, VT
Audience: Vermont K-12 teachers **Cost:** \$35



“Knowing myself is as crucial to good teaching as knowing my students and my subject.”

Parker Palmer

**Has the idealism that led you into teaching eroded?
Are you feeling less motivated?**

This 2-day (over two Saturdays) Teacher Renewal Retreat is designed to re-energize awareness of the pivotal role K-12 teachers play in their students' lives – recognizing the realities of the modern teaching landscape.

Come share your stories and learn from your peers in a beautiful, relaxing setting (and enjoy some great lunches). The retreat will revolve around content that enhances resilience through a combination of ideas about self-awareness and coping strategies – built on a shared sense of meaning and “calling.” We’ll talk about key challenges around conflict; working with inadequate resources; adjusting to change; communicating with students, parents and administrators; compassion; creativity and innovation.

Our approach is built around guided conversations where participants learn from each other by sharing their stories. The conversations will be wrapped around the thoughts and ideas of wise thinkers who have examined what it means to take on the challenge of teaching.

This retreat is specifically designed for an audience of K-12 teachers, guidance counselors, and others serving students in high stress environments (e.g., low income communities, special needs teachers, those who focus on students at-risk, and similar). The retreat will help these education professionals embrace the idea that growing into wisdom around key topics fosters resilience, contentment, professionalism, and more fulfilling interactions with their students. You can expect:

- time away in a beautiful setting
- an introduction to tools to help you deal with the challenges of teaching
- helpful conversations with others who ‘get it’
- developing a network of teaching professionals to stay connected with
- lots of laughter

The *Teacher Renewal Retreat* will be led by Lumunos - a mission-driven non-profit that provides well-being services to human service professionals working in high stress environments (e.g., physicians.lumunos.org). The retreat has been made possible by the generous support of the Vermont Community Foundation and Lumunos’ community of individual donors.

**To Register, go to: www.tinyurl.com/lumunos-teach
For more information, contact Becca Perry-Hill becca@lumunos.org**