

# TEACHER WELLNESS (TEWX)

## **TEWX 505 Leading with Awareness and Accountability 3 credits**

Looking for strategies and insights to inspire growth as a school leader? This course examines various ways to enhance leadership skills, and expand capacity to positively impact the school community. Deepen your understanding of the need for faculty and staff support by advocating for additional assistance in the school community. Articulate ideas and best practices for effective professional development programs that address the diverse needs of educators. Explore ideas for improving your communication style, and investigate information centered around applying Social Emotional Learning (SEL) principles as a school leader. These enhanced skills and practices will help you to become the leader you want to be! This course is offered through the Teaching Channel.

## **TEWX 507 Building and Sustaining an Exceptional Teaching Team 3 credits**

In this course, you'll discover best practices for attracting, hiring, coaching, and nurturing excellent teachers. You'll learn how to find the best applicants for your positions and assess whether applicants are a good fit for a position. For your existing staff, you'll review strategies for making good teachers into great ones, including conducting effective observations, providing meaningful coaching, and helping teachers set and meet goals that are important to them. Finally, you'll take a deep dive into the issue of burnout, including how to prevent it and how to intervene when teachers show signs of wanting to quit. By investing your time in this course, you will be able to proactively build and keep a great staff for years to come, saving yourself time and headaches down the road. This course is offered through the Teaching Channel.

## **TEWX 508 Effective Communication Strategies for School Leaders 1 credit**

Are you a university, district, or school level leader looking to enhance your communication skills? This course is designed so you can navigate the intricate world of effective communication. Learn about the essential skill set that enables you to connect with both internal and external stakeholders, actively listen to the needs of your school and community, and utilize that valuable information to prepare, respond, and inform. You'll explore the significance of communication in shaping school culture, the power of building trust, and uncover best practices to become a more compelling and impactful communicator. Get ready to discover how to utilize each one effectively, ensuring all in your community feel heard, informed, and well-prepared. This course is offered through the Teaching Channel.

## **TEWX 510 Wholehearted Teaching: Reigniting your Passion for the Teaching Profession 3 credits**

In this inspiring course, teachers will learn ways to positively impact their students' and colleagues' lives. Educators will grow in their understanding of how to create a classroom and school community that focuses on HEART: happiness, engagement, alliances, risk, thought—and the necessity of connection. Through personal stories, activities, and reflections teachers will explore their personal and professional “heartprint”—and leave the course feeling empowered, energized, and influential. This course is offered through the Teaching Channel.

## **TEWX 511 The Practice and Power of Vulnerability in the Classroom 3 credits**

Whether you are a teacher, leader, or learner, the revolutionary research by Dr. Brene Brown has transformed the way we view vulnerability in our relationships at home, at work, and at school. Learn how to nurture healthy emotions like trust and courage while combating shame and fear. Discover fresh ideas for cultivating a classroom community that supports all students and expand your understanding about how trauma impacts learning. Consider your process for providing feedback and gain new practices for growing gratitude for a greater sense of well-being. Teach your students that vulnerability is not always comfortable, but it is never a weakness,” as you explore how vulnerability empowers the way we teach, lead, and learn. This course is offered through the Teaching Channel.

## **TEWX 512 Goodbye Teacher Burnout, Welcome Teacher Wellness 3 credits**

In this course from Teaching Channel, you will learn how to give burnout the boot! Explore what it means to experience teacher burnout, discover the differences between burnout and demoralization, learn why teachers are leaving the profession, and why educators are more exhausted than ever. By the end of this course, you will know how to mitigate and manage burnout, you will walk away with a stockpile of strategies for self-care, and you will understand how healthy living provides a path toward wellness and away from burnout. This course is offered through the Teaching Channel.

## **TEWX 513 Connection and Calming Strategies for Today's Teachers 3 credits**

Envision reacting to the world of unknowns and “new normals” with a connected-and-calm response, even when circumstances are beyond your control. Picture the transformative power of understanding and managing your innate stress response by focusing on gratitude, empathy, compassion, and hope. Connection and Calming Strategies for Today's Teachers will ensure you break free from the bonds of stress as it teaches why cortisol floods our bloodstream when we are under stress, and how somatic awareness, mindfulness, and emotional resilience are the tools we can use to retrain our stress response for a happy, healthy life. This course is offered through the Teaching Channel.

## **TEWX 514 Be the Teacher You Want to Be 3 credits**

Want to be a more satisfied, impactful, and happier teacher!? We've designed this course just for you! It's easy to get pulled away from our teacher “True North” and to forget why we became teachers. Be the Teacher You Want To Be will give you the opportunity to check your teacher compass so you can proudly return to teaching like yourself! You will learn the art of authentic teaching, define your core values & beliefs, understand how to strengthen relationships with students, colleagues and families, and how crucial self-care is for both your professional and personal well-being. This course is offered through the Teaching Channel.

## **TEWX 515 Living Your Happiest Life, Inside & Outside the Classroom 3 credits**

Teaching is incredibly rewarding, but it can also be incredibly hard. In order to be the most effective teachers, we need to bring our best selves into the classroom. When you feel exhausted and overwhelmed, this can be easier said than done. In Living Your Happiest Life you will learn how to master your mindset to improve your happiness. This course will help you lead a happier life, both inside and outside of the classroom. This course is offered through the Teaching Channel.

**TEWX 516 Time Management Strategies for Educators 3 credits**

"There's never enough time in the day..." "Will I ever be able to leave school at the end of my contracted hours?" We know...from planning meaningful lessons to connecting with parents, not to mention paperwork and grading, there's too much to do and not enough time for everything. You're not alone, and we're here to help! In this course, you'll find strategies to ensure you accomplish it all, while making time for what matters most. You'll learn how to prioritize tasks, use your time more efficiently, stop procrastinating, and teach your students how to manage their time, too! Most importantly, because we know there's no "one size fits all" when it comes to time management, we've created this course in the style of a Choose Your Own Adventure book. You'll select from a variety of curated ideas from time management experts to develop practices that complement your personality, work style, and life! This course is offered through the Teaching Channel.

**TEWX 517 Financial Fitness for Educators 3 credits**

Financial Fitness for Educators will help you build the knowledge, strategies, and habits to fulfill your financial dreams! From making ends meet on a new teacher salary to saving for retirement, you will learn the steps you can take to achieve financial wellness. Plan for the future as you master how to build a rainy-day fund, plot purposeful spending, and appreciate how investing in yourself brings financial freedom. Get creative while designing a vision board to conceptualize your goals and sketch out a road map to solidify monetary concepts. Explore ways to engage families in teaching students about personal finance and be a role model of financial health for education colleagues. Soar to new heights in this practical, honest course that teaches how you can be financially fit! This course is offered through the Teaching Channel.

**TEWX 518 Building on Your Strengths for Professional Wellbeing 3 credits**

If you've been reevaluating your role in education, this is the course for you! Whether you're a new teacher challenged by the demands of the profession, a mid-career teacher looking to reinvigorate your practice, or a veteran educator seeking a change, you'll find ideas to meet your needs. Through personal reflection, skills assessment, and exploration, we'll guide you in identifying your strengths, areas for growth, and potential pathways for the future. You'll select a path within the course to understand your options and plan next steps, whether you seek to make your current role more sustainable, explore alternate positions in teaching, or leave the classroom for a different career altogether. When "teacher" is your identity, considering other options can be intimidating. We've put together a road map to support you every step of the way, so when making your next move, you can do so with clarity and confidence. This course is offered through the Teaching Channel.

**TEWX 519 Reclaiming Your Passion for Teaching with Balance and Bandwidth 3 credits**

"Bandwidth," is the term the course textbook authors use to describe what educators need in order to have the energy, passion, and time to feel balanced and successful. Complete the Brain Energy & Bandwidth Survey to measure and evaluate your current bandwidth, then explore sustainable strategies in individual and learning community pathways. Create a "Bandwidth Band," educator group to discuss what fills, or drains, your cup and design a vision board to encourage strong self-care practices. Learn ways to prioritize tasks, time management tips, and how work-life balance can make you an even more effective and efficient educator. Explore multitasking, how modern connections and disconnections steal focus, and understand how the basic needs of sleep, food, and exercise are the foundation for flourishing. This course will support all educators with actionable strategies, so you can feel your best both inside and outside of school. This course is offered through the Teaching Channel.

**TEWX 520 Hybrid: Time Management Strategies for Educators 3 credits**

"There's never enough time in the day..." "Will I ever be able to leave school at the end of my contracted hours?" We know...from planning meaningful lessons to connecting with families, not to mention paperwork and grading, there's too much to do and not enough time for everything. You're not alone, and we're here to help! In this course, you'll find strategies to ensure you accomplish it all, while making time for what matters most. You'll learn how to prioritize tasks, use your time more efficiently, stop procrastinating, and teach your students how to manage their time, too! You'll select from a variety of curated ideas from time management experts to develop practices that complement your personality, work style, and life! This course is offered through the Teaching Channel.

**TEWX 521 Hybrid: Be the Teacher You Want to Be (There is also a fully synch. version of this course. 5108) 3 credits**

"There's never enough time in the day..." "Will I ever be able to leave school at the end of my contracted hours?" We know...from planning meaningful lessons to connecting with families, not to mention paperwork and grading, there's too much to do and not enough time for everything. You're not alone, and we're here to help! In this course, you'll find strategies to ensure you accomplish it all, while making time for what matters most. You'll learn how to prioritize tasks, use your time more efficiently, stop procrastinating, and teach your students how to manage their time, too! You'll select from a variety of curated ideas from time management experts to develop practices that complement your personality, work style, and life! This course is offered through the Teaching Channel.

**TEWX 522 Hybrid: Living Your Happiest Life, Inside & Outside the Classroom (Also 5105 Synch. Version) 3 credits**

Teaching is incredibly rewarding, but it can also be incredibly hard. In order to be the most effective teachers, we need to bring our best selves into the classroom. When you feel exhausted and overwhelmed, this can be easier said than done. In Living Your Happiest Life you will learn how to master your mindset to improve your happiness. This course will help you lead a happier life, both inside and outside of the classroom. This course is offered through the Teaching Channel.

**TEWX 523 Surviving and Thriving as a Teacher 3 credits**

In today's fast-paced, "too much to do and not enough time to do it" world of teaching, the word "survival" can feel like the name of the game! In this one-of-a-kind course, teachers will have an opportunity to slow down and consider the things that impact and influence their professional teaching practice. You will be given the opportunity to discuss why healthy teachers are the foundation of healthy classrooms, and how to avoid burnout and increase motivation. Discover how career planning, problem solving, and prioritization make our days at school efficient and effective. Explore how facilitating tough conversations with students creates meaningful connections and how working side by side with families, colleagues, and administrators increases our sense of purpose and pride in our profession. This course is the best of both worlds! Self-paced asynchronous assignments plus one synchronous session where you converse and connect with teacher colleagues from across the nation! This course is offered through the Teaching Channel.

**TEWX 524 Refocus and Recharge: Strategies for Finding Balance in Teaching 3 credits**

"Bandwidth," is the term the course textbook authors use to describe what educators need in order to have the energy, passion, and time to feel balanced and successful. Complete the Brain Energy & Bandwidth Survey to measure and evaluate your current bandwidth, then explore sustainable strategies in individual and learning community pathways. Create a "Bandwidth Band," educator group to discuss what fills, or drains, your cup and design a vision board to encourage strong self-care practices. Learn ways to prioritize tasks, time management tips, and how work-life balance can make you an even more effective and efficient educator. Explore multitasking, how modern connections and disconnections steal focus, and understand how the basic needs of sleep, food, and exercise are the foundation for flourishing. This course will support all educators with actionable strategies, so you can feel your best both inside and outside of school. This course is offered through the Teaching Channel.

**TEWX 525 Nutrition, Exercise, Wellness, and Sleep for Teachers 3 credits**

Take a personal and individualized wellness journey using The Health Compass Method focused on winning each day. Learn the 6 step process to identify priorities, goals, and habits that will lead you on a path to improved health and wellness. Trust your compass as you uncover best practices of nutrition, exercise, wellness, and sleep. Through informative videos, guided reflection and intentional planning opportunities, you'll gain the knowledge and tools needed to be your best self. Ideal for educators of any role, this course will help you increase your self-awareness. This course is offered through the Teaching Channel.

**TEWX 526 Stress Strategies for a Healthy Life 3 credits**

Envision reacting to the world of unknowns with a connected-and-calm response, even when circumstances are beyond your control. Picture the transformative power of understanding and managing your innate stress response by focusing on gratitude, empathy, compassion, and hope. Stress Strategies for a Healthy Life will ensure you break free from the bonds of stress as you explore the physiology of the human stress response and how mindfulness, social-emotional learning, and connection, lead to resilience and flourishing for a happy, healthy life. This course includes two modules culminating in multiple choice progress checks and one module with a larger application project and reflection requirement. This course is offered through the Teaching Channel.

**TEWX 527 Balance and Wellness as a Prescription for Teacher Burnout 3 credits**

In this Fast Track course from Learners Edge, you will learn how to give burnout the boot! Explore what it means to experience teacher burnout, discover the differences between burnout and demoralization, learn why teachers are leaving the profession, and why educators are more exhausted than ever. By the end of this course, you will know how to mitigate and manage burnout, you will walk away with a stockpile of strategies for self-care, and you will understand how wellness and healthy living are part of the prescription for healing teacher burnout. This course is offered through the Teaching Channel.