

Neuroscience-Backed Wellness

This workshop will help participants change their relationship with stress and adopt a more effective paradigm about well-being. Participants will be able to better manage stress and increase resilience by tapping into the science behind how the brain works.

LEARNING TARGETS

- I can use emotional awareness to bring my brain back to balance in stressful situations.
- I can grow my well-being by discovering and connecting to my deeper purpose in everyday tasks.

WORKSHOP DETAILS

Audience: Educators and administrators

Length: ½ day training

Delivery Methods:

- Live Onsite
- Live Online
- On Demand (*Winter 2021*)

SUSTAINABLE WELLNESS SYSTEMS AND COACHING

Wellness for staff and students is an essential component of closing the learning recovery gap and ultimately, academic achievement. We also know that **wellness isn't an individual pursuit, it is a systemic outcome.**

Working with a FranklinCovey coach can help you to implement a sustainable system of neuroscience-backed wellness in your school or district, and then align that system to the strategies, goals, and methodologies that you use to accelerate academics, close opportunity gaps, create a stronger connection with families, and more.

