

Webinar - A Toolbox of Strategies for Teachers: Managing Stress and Anxiety (Afternoon) Session 2 ONLY



PRESENTED BY

Frederick Audet



SERIES SESSIONS

Date	Time
May 07, 2020	4:00 PM - 5:00 PM



LOCATION

Online

FEE

\$0.00

QUESTIONS?

Contact Us:

calgary@aplcc.ca
[403-291-0967](tel:403-291-0967)

REGISTER ONLINE

Visit our website to register:

calgary.aplc.ca

Learning Opportunity

TARGET AUDIENCE: ALL K-12 EDUCATORS ARE ENCOURAGED TO ATTEND

WEBINAR 2: Build Resilience, while Teaching Online Strategies to increase your level of resilience

In this environment of reconciling family life and teaching online from home, what can you really control? What strategies are viable in order to be resilient and remain productive and healthy during this period of isolation? It is possible to change our daily lifestyle in order to improve our level of resilience, both today and for the weeks to come. It is imperative to do so in order to be healthy and cope.

In this 60-minute webinar, teachers will learn:

- Ways to identify what they can control and take charge of elements that are key to healthy lives.
- Techniques to be implemented daily to manage their stress and increase their resilience.

Presenters

Frederick Audet

From journalist and radio announcer to high school teacher and business owner, Frederick Audet possesses the drive and talent to succeed. With almost 15 years in learning and development, Frederick knows how learning works. His life took him on a wild road of personal and professional growth. Since 2007, he has delivered countless professional development workshops and keynote address across Alberta. As such, he has built a reputation of being an outstanding public speaker. He has proven time and again his abilities in communication, leadership, facilitation and coaching. Fully bilingual, Frederick consistently puts the quality of instruction at the forefront of what he does. Through his company, Learn Square Inc., he sticks by what drives him every day: only produce quality work (competency), always deliver with punch (passion) and all in all make the client better (personal growth). To learn more, you can visit www.learnsq.com.

Registration Notes

Participants do not need to attend all webinars and each webinar can be completed as a stand alone.



Supporting every educator
in every classroom