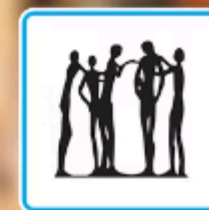


# Empowering Educators: Building Resilience & Well- Being for Calgary's Teachers

cpc  
CLINICS



Calgary Board  
of Education





# The Foundation: Why Teacher Well-Being Matters



## Student Learning Impact

Teacher well-being directly correlates with enhanced student engagement and academic achievement.



## Positive Classroom Climate

A resilient teacher fosters a supportive and productive learning environment for all students.



## Enhanced Teacher Retention

Investing in teacher wellness reduces attrition rates, ensuring continuity and experience in our schools.







# Today's Teaching Reality: Navigating Complex Demands

Teachers in grades 7-12 face a landscape of increasing challenges:

## Heavy Workloads

Beyond instruction, educators manage curriculum planning, assessment, and extracurricular duties.

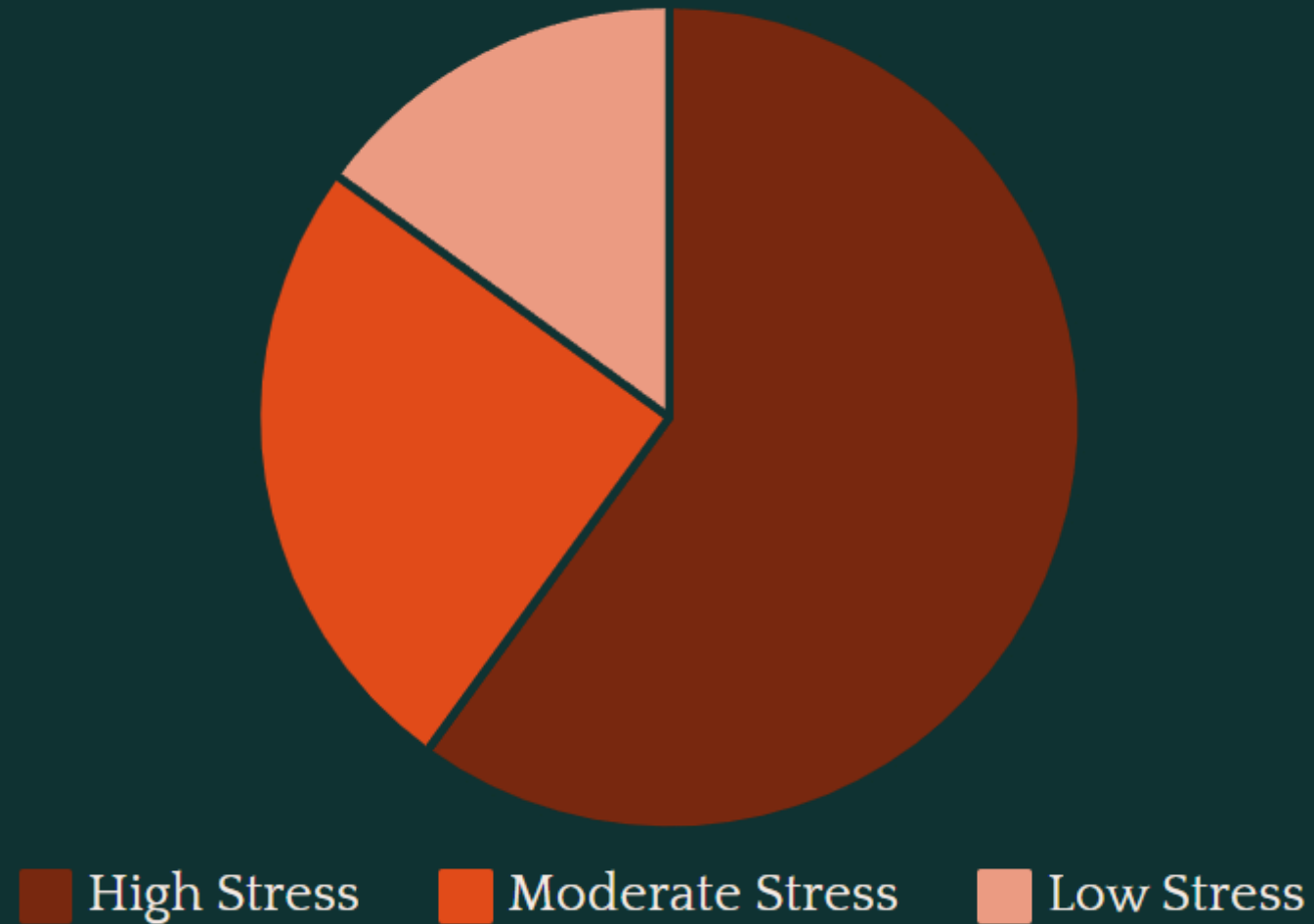
## Complex Classrooms

Diverse student needs, including learning differences and socio-emotional challenges, require tailored approaches.

## Growing Emotional Demands

Teachers often serve as frontline support for students' mental health, adding significant emotional labor.

# The Hidden Crisis: Burnout & Compassion Fatigue



**60% of teachers report high stress levels**, impacting their effectiveness and personal well-being.

Emotional exhaustion has become the primary driver of teacher attrition, leading to a significant loss of experienced educators from the profession.

- Increased absenteeism
- Decreased job satisfaction
- Reduced classroom effectiveness
- Impact on student outcomes



# Overcoming Barriers to Self-Care



## Time Scarcity

Teachers often lack dedicated time for personal well-being amidst demanding schedules.



## Stigma Around Seeking Help

A prevailing culture sometimes discourages educators from openly addressing mental health needs.



## Lack of Structured Training

Insufficient access to formal wellness programs and resilience-building education.





# Introducing CPC Clinics: Your Partner in Well-Being



CPC Clinics is a Calgary-based clinical team dedicated to supporting mental health and resilience.

## Our Expertise:

- **Evidence-Based Mental Health:** Utilizing proven therapeutic approaches.
- **Resilience Programs:** Developing coping strategies for personal and professional challenges.
- **Leadership Wellness:** Equipping educators with tools to lead with balance and strength.

We specialize in empowering individuals to thrive in demanding environments.

# Teacher Wellness & Resilience Workshop Series

Our flexible workshop series is designed to meet the diverse needs of Calgary's educators.

<div>Flexible Format</div> <div>Choose from a comprehensive four-part series or an intensive single-day workshop.</div>	
	<div>Emotional Intelligence in Teaching</div> <div>Develop self-awareness and empathy to better manage classroom dynamics.</div>
<div>Mindful Classroom Leadership</div> <div>Cultivate presence and calm to create a more focused and harmonious learning space.</div>	
	<div>Stress Recovery &amp; Energy Management</div> <div>Learn practical techniques to mitigate stress and maintain sustainable energy levels.</div>
<div>Boundary Setting &amp; Sustainable Motivation</div> <div>Establish healthy limits and rekindle passion for teaching without succumbing to burnout.</div>	

# Workshop Format & Engaging Experience



## Interactive & Reflective

Engage in dynamic discussions and introspective activities to deepen understanding.



## Research-Backed Content

All modules are grounded in the latest psychological research and educational best practices.



## Small-Group Sharing

Benefit from peer insights and collaborative problem-solving in a supportive environment.



## Take-Home Micro-Practices

Receive actionable strategies that can be immediately integrated into daily routines.



# Tangible Outcomes for Educators & Schools

## Increased Resilience

Educators better equipped to navigate challenges and bounce back from adversity.

## Better Student Interactions

More positive, patient, and effective engagements with students.



## Reduced Stress

Effective strategies to manage and mitigate professional and personal stressors.

## Stronger Peer Support

Enhanced connections and a more collaborative, empathetic teaching community.

## Improved Job Satisfaction

Renewed sense of purpose and enjoyment in their vital role as educators.

# CPC Clinics and the Calgary Board of Education are uniquely positioned to collaborate.

Together, they can build a long-term, future-focused partnership.



This partnership will create meaningful and lasting impact for the community.