

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.

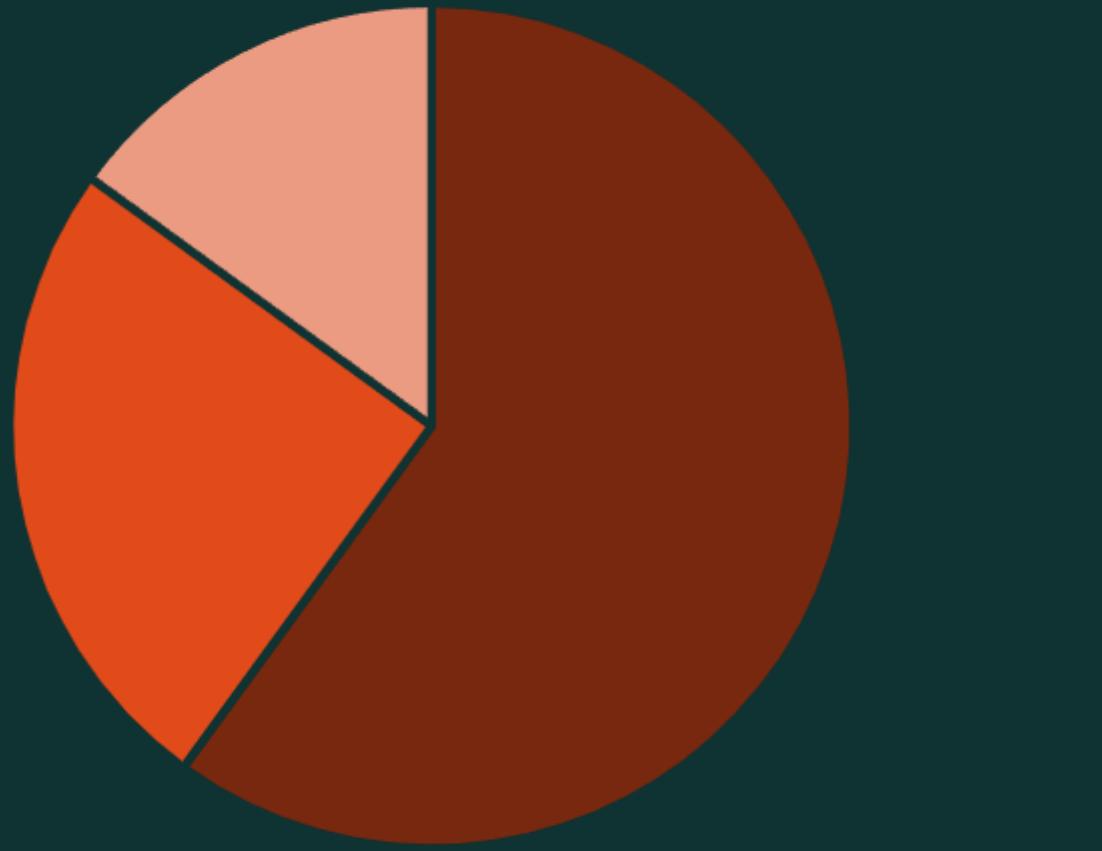
Complex Classrooms

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



High Stress Moderate Stress Low Stress

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.

Flexible Format

Choose from a comprehensive four-part series or an intensive single-day workshop.

Mindful Classroom Leadership

Cultivate presence and calm to create a more focused and harmonious learning space.

Boundary Setting & Sustainable Motivation

Establish healthy limits and rekindle passion for teaching without succumbing to burnout.

Emotional Intelligence in Teaching

Develop self-awareness and empathy to better manage classroom dynamics.

Stress Recovery & Energy Management

Learn practical techniques to mitigate stress and maintain sustainable energy levels.

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.