



Richard Woods, Georgia's School Superintendent
"Educating Georgia's Future"



Chancellor Hank M. Huckaby
"Creating a More Educated Georgia"



Georgia Professional Standards Commission
Protecting Georgia's Higher Standard of Learning

Athens P-20 Collaborative Spring Convening #1 Agenda

Personal Well-Being Strategies for Combating Teacher Stress

February 23, 4:00-5:00p.m. on Zoom

Pre-Register at this Link to receive Zoom link:

https://ugeorgia.ca1.qualtrics.com/jfe/form/SV_3kq6kcu4KSmzzyW

- 4:00-4:05** **Welcome and Introduction: Coping with Change**
Presenters:
Stephanie Britt, Math Co-Chair/Teacher-Barrow County Schools
Nita Creekmore, K-5 Instructional Coach-Walton County Schools
- 4:05-4:20** **Session 1: Managing Your Stress for Teachers & Students**
Presenter: *Dr. Amanda Stults, Family Consumer Sciences Teacher-Barrow County Schools*
- 4:20-4:35** **Session 2: Teacher Self-Care: Zen Den**
Presenter: *Jessica Moon, Exceptional Education Teacher/SEL Lead-Social Circle Schools*
- 4:35-4:50** **Session 3: So What? Now What? Creating a Self-Care Plan**
Presenter: *Latrice Rozier, Kindergarten Teacher/PBIS-Walton County Schools*
- 4:50-5:00** **Breakouts-Community Building (10 min)**
- Complete convening evaluation form**