## What if you prioritized your well-being this year?



Come learn concrete strategies to help you avoid the five personal pitfalls of the educator experience.

## Don't just survive. Thrive.

WHAT

A research-based personal development program to help educators sustain well-being.

Open to all BTU members, including paraprofessionals, related service providers, ABAs, and nurses.

This program is fully online. Participants will engage in synchronous learning experiences alongside a small group of fellow educators.

See reverse for specific details.

Those who complete the program and all assignments can earn 3 Academic Ladder Credits.

- 1. Apply by Monday, September 25: <a href="https://tinyurl.com/EdThriveBTU2324App">https://tinyurl.com/EdThriveBTU2324App</a>
- 2. **Want to learn more?** Watch this <u>six-minute overview video</u> or join our preview session on Monday, September 18 at 4:30pm: <u>https://tinyurl.com/EdThriveBTUPreview</u>
- 3. **Questions:** Email Educators Thriving (<u>ProgramTeam@EducatorsThriving.org</u>) or Paul Tritter (ptritter@btu.org)





Apply here! →

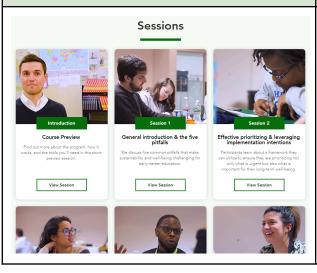


## **How It Works**

You'll have access to **online sessions** featuring research-based strategies.

You'll engage in sessions **synchronously with a small group** of between three and five other BTU/BPS colleagues.

You'll have the opportunity to apply the strategies to overcome the 5 pitfalls and increase your well-being.







## **Program Timeline**

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
Application Deadline Monday, September 25	Session 0 Week of Oct. 9	Session 2 Week of Nov. 6	Session 4 Week of Dec. 11	Session 5 Week of Jan. 8	Session 7 Week of Feb. 5	Session 9 Week of Mar. 11	Session 11 Week of Apr. 8	Final Assignment Deadline Monday, June 3
	Session 1 Week of Oct. 23	Session 3 Week of Nov. 27		Session 6 Week of Jan. 22	Session 8 Week of Feb. 26	Session 10 Week of Mar. 25	Session 12 Week of Apr. 29	<b>Units Awarded</b> Week of June 17

<sup>\*</sup>Dates subject to change



