



Everyday Resilience

2-Hour Training



OVERVIEW

Professionals in the education sphere are facing enormous levels of pressure, complexity, and change that are negatively impacting their wellbeing, mental health, and performance.

In this interactive training, your team members will carve out crucial space to develop their inner resources for resilience. They'll learn a simple, evidence-based method to reduce anxiety and stress, skillfully manage change, and cultivate a healthy mindset rooted in calm, clarity, creativity, and connection. Participants will leave feeling inspired and empowered with a blueprint to perform at their best, while proactively taking better care of themselves and those they lead.

Organizational benefits include increased retention, engagement, productivity, and a healthier work culture.

FORMAT

2-Hour Training

- Delivered in two 1-hour sessions (spread out on separate days)
- Includes live experiential education, training tools, and access to digital toolkit with blueprint for integration + sustained growth

Optional Refresher Sessions: Building the Habits of Resiliency

- Two 30-minute refresher sessions (offered live online after the initial workshops)
- These refresher sessions will help participants take what they learned in the workshop and integrate it into their everyday work and home routines



AUDIENCE

This training is designed to support the wellbeing and resilience of administrators, teachers, or general staff members.

PRICING

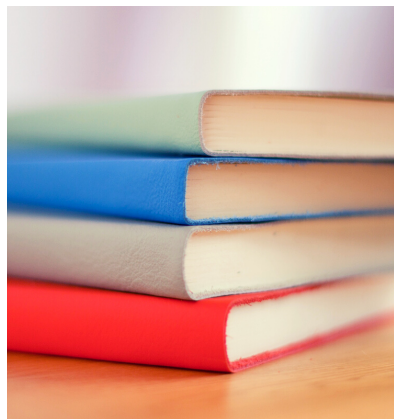
- Individual Registration: \$139/person
- District Bulk Registration Discount: \$99/person
 - 30% discount when you enroll 25 or more participants from your district

REGISTER

- **Option 1:** Register individually through ASCD
 - To register a single participant (or a handful of staff members) visit:
www.ascdoregon.org/pause-training for upcoming training dates + registration
- **Option 2:** Host a workshop for your district or employees (your preferred dates/times)
 - To host a separate workshop for your district, please email rena@pauseatwork.org

ABOUT PAUSE

Pause is a trusted leader in workplace resilience training. Based on 40+ years of research, our unique Pause Method® empowers education professionals to systematically train healthy mindsets that heal burnout, fuel performance, and ignite fresh possibilities.



Resilient minds, hearts, world.

PAUSEATWORK.ORG • 503-343-4831 • RYAN@PAUSEATWORK.ORG

