



# *Self-Care: Your Work Is As Good As You Are*

September 13, 2017

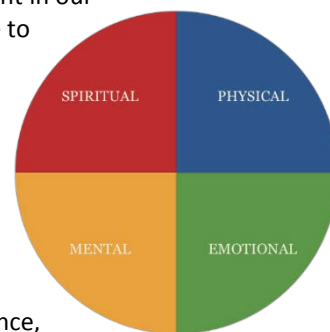
**This webinar will be offered two times on the date scheduled**

Join us at 3:00 – 3:45pm CST/2:00 – 2:45pm MT  
or 4:30pm – 5:15pm CST/3:30 -4:15pm MT

**Description:** Professional Development is focused on teaching adult staff strategies and techniques to improve student skills, behavior and performance. The direction is always student focused: teaching curriculum, strategies, topic information, to increase our knowledge of how to improve student outcomes. Clearly, we need to master a set of skills to be competent in our profession. However, we learn skills to better take care of others, but are never allowed professional time to learn how to better take care of ourselves. We're expected to do that on our own time, except, we are usually using a lot of our own time to become better professionals in our work setting.

To be truly successful at your job and your life, you need to be healthy: physically, emotionally, mentally and spiritually. It is impossible to truly serve others unless you can first be balanced within yourself.

We will discuss current research on a number of areas of health, wellness and happiness. Participants will be encouraged to look honestly at their own behaviors, thoughts and emotions and identify areas of strengths and need. We will offer numerous strategies to begin to change routines and bring greater balance, health and happiness into your life.



## **Learner Objectives:**

- gain knowledge and self-awareness in areas of Self-Care.
- be challenged to honestly assess your behaviors that increase or detract from Self Care.
- acquire strategies to improve your Self Care.
- be invited to let go of old behaviors and thoughts that no longer serve you and exercise Self-Care

**Who should attend:** Administrators, general education teachers, specialist teachers, family members, paraprofessionals, special education professionals, and related service providers.

**Registration:** <https://www.surveymonkey.com/r/GNLRQZS>



## **Speaker Bio: Dr. Sharon Krupa-Sirotek.**

Sharon is a licensed Clinical and School Psychologist. The area of Wellness and Holistic Health has been a passion of hers since she was in graduate school. In the late 70's to the early 80's she had the good fortune to obtain personal and professional training with Elizabeth Kubler-Ross, MD. Dr. Kubler-Ross revolutionized how people thought about death and dying, but more importantly, Sharon viewed her as courageous. Dr. Kubler-Ross was the one that introduced Sharon to the holistic model of Wellness.

This material was developed under a grant from the Colorado Department of Education. The content does not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government.

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