



## Educator Mental Health & Wellness: Professional Development Certificate Program

School leaders are concerned about teacher wellness, burnout, and mental health as they struggle with increased behavior and mental health challenges in the classroom. PEAR's certificate program features up-to-date research on mental health and educator burnout from experts at Harvard and McLean Hospital, where PEAR began.

This is a 6-hour professional development series with a certificate in Educator Mental Health & Wellness issued upon completion. PEAR can work with your district to qualify this series for professional development points (PDP). *This program can be run alongside the Student Wellness Program for a whole school/program approach to building systems of wellness.*

Book your PD now:  
<https://bit.ly/PEAR-training>

### 1 Who is this program for?

School leaders interested in assessing educator wellness, understanding their mental health needs, and building systems of wellness within your school.

### 2 What will participants learn?

- How to assess staff wellness
- How to support educator mental health and well being
- How to redesign your systems to expand wellness in their schools

### 3 What topics are covered?

1. Understanding the Moment from a Mental Health Perspective
2. Assessing Educator Wellness
3. Centering Educator Wellness

### 4 What does the program cost?

- **Groups <10:** \$225 per person
- **Groups 10-50:** \$6,000 (\$2,000 per session)
- *Contact PEAR for larger group and whole school/program pricing and discounts.*

Sample

# PD CALENDAR



The PEAR team will work with you to determine the optimal schedule and delivery format for this professional development series to meet your school or program's needs.

## SESSION

## LEARNING OBJECTIVES

### Understanding Mental Health

- Develop a shared language and approach to discussing the pandemic's impact
- Use a social-emotional framework to understand mental health challenges youth and educators are facing
- Create a chart of ways to center their own wellness and translate that into their schools/programs

### Assessing Educator Wellness

- Map your systems, structures, and strategies that support educator wellness

### Centering Educator Wellness

- Use the Clover Model to understand and organize social emotional needs
- Engage in conversations about wellness and healing
- Build their personal wellness toolkit
- Discuss what changes they can make to promote their own wellness and support the wellness of others in their community



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