



RESILIENT EDUCATOR:

FILLING YOUR RESERVOIR OF RESILIENCE



APPROVED FOR USBE CREDITS!

Dive into "Resilient Educator" and replenish your reservoir of resilience for teaching success.

- 48 short, interactive modules
- Understanding your hard wired emotional system
- Stay "regulated," what support and connections are available to help you
- How to effectively Transition back to resilience from a state of fight, flight, or freeze.
- Craft a personalized resilience plan and emerge ready to thrive in the classroom.

FREE FOR UTAH EDUCATORS
SPONSORED BY UTAH BOARD OF EDUCATION

HOW TO SIGN UP

Scan the QR code with your device to be guided to a document with all of the login instructions you'll need to get started!



SCAN ME!

START TODAY!



VEST FRAMEWORK

VIGILANT (UNDERSTAND + PLAN)

Enhance understanding of personal hardwired systems and recognize stressors, both professional and personal.

ENGAGE (MINDSET AND TOOLS)

Provide participants with insights and practical tools for maintaining resilience and to enhance their leadership skills, empowering them to lead effectively in their respective roles.

SUSTAIN (CONNECTIONS AND SUPPORT)

Utilize diverse support systems and facilitate networking opportunities and community building among professionals, creating an environment for knowledge exchange, collaboration, and growth.

TRANSITION (EDUCATE AND REGULATE)

Foster resilience by exploring strategies to navigate setbacks and uncertainty with agility. Utilizing tools and connections to understand mental states, promoting mental well-being and adaptability in the workplace.

RESERVOIR OF RESILIENCE

