



**TIME IS THE  
GREATEST  
GIFT WE  
CAN GIVE**

**PROJECT INWARD**

## PROJECTINWARD

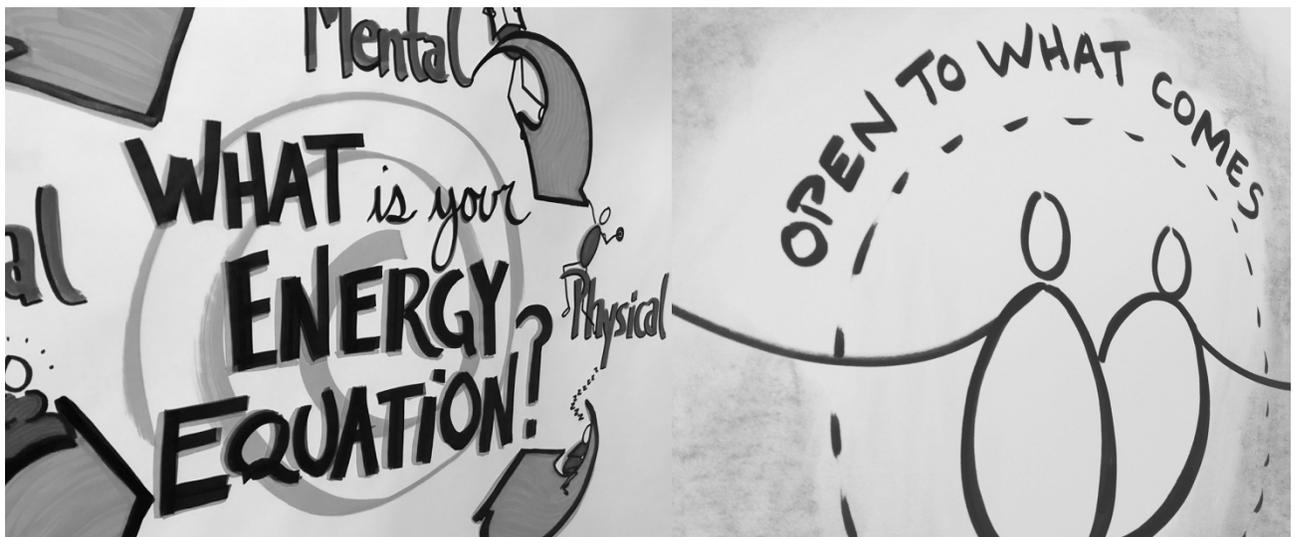
There is no denying that we live in a culture of busyness, distraction and speed. Life is moving fast, and as educators and administrators it may feel like it is almost impossible to find a moment to breathe. When caught up in the frenetic pace of the day-to-day it can be easy to overlook the toll that speed takes on an educator's life and the lives of their student.

It is time to change the conversation.

At **ProjectInward** we believe that the path towards student wellness begins with educator awareness. Our programs focus specifically on teachers and administrators, offering professional development and school-wide initiatives that are designed to support individualized personal development and wellness practices. When administrators and educators become more aware of strategies that support their own wellbeing, they are better able to support their students with specific and meaningful solutions.

It is time to make space for educator wellness.

**ProjectInward** offers in-house professional development opportunities, school-specific wellness audits and a coach-in-residence program that are designed to support student wellness through educator and administrator personal and professional development.



# PROJECTINWARD

## PROFESSIONAL DEVELOPMENT

Personal development for educators is essential in supporting the growth of the student.

**ProjectInward** offers educator-specific workshops that are individualized to meet school-specific needs. Workshops can be one to two days in length.

### Refilling the Tank: Why Educator Wellness Matters Workshop

- *This experiential workshop will introduce educators to the four dimensions of energy: physical, mental, emotional and spiritual.*
- *Educators will learn concrete techniques for managing their energy and achieving optimum wellness and performance as educators.*
- *In longer workshops, educators will also learn how to design learning that optimizes and supports student energy levels.*

### Keynote Presentation: Why Slowing Down Matters

- *For educators, time can be scarce and the feeling of having too much to do can be overwhelming. In this key-note presentation, educators are introduced to the neuroscience and research behind mindfulness and the power of slowing down as a strategy for doing more. Educators will be introduced to specific techniques for reducing stress and improving their ability to access greater awareness, creativity and empathy in themselves and their students (30 minutes to 1 hour).*

## WELLNESS COACHING

### Coach in Residence Program

At **ProjectInward**, we believe that wellness and personal development is a parallel process for both the adults and the students in an educational environment. Personal and group coaching can be a powerful tool for educators and administrators who seek to better understanding their own wellness and the role that they play in providing a nurturing, inclusive and innovative educational setting in which their students can thrive. The Coach-in-Residence Program offers personalized group and one-on-one coaching opportunities and is designed to promote the personal development of educators. This program is offered at your school in day-long blocks or individual or group coaching sessions.

### One-on-one Coaching Program

Individual educators and administrators are able to access one-on-one coaching as a part of their year-long professional growth plan. These coaching programs are offered at a 20% discounted price for anyone connected to an educational setting. Sessions are offered online and face-to-face at a location in Duncan, BC.

## MEDITATION & YOGA SESSIONS

School-specific meditation and yoga classes can be offered at your school. Creating space and time for this reflective practice can have a powerful impact on school community and educator wellness.



## ABOUT JULIE

During a leave from teaching in 2015, Julie discovered that she was suffering from adrenal fatigue. Her path back to health led to a deeper understanding that speed and busyness are not synonyms for effectiveness and meaning. Julie combines relevant classroom experience and invaluable knowledge of mindfulness together in this unique and necessary program.

As a life-long learning and educator with almost 20 years experience working as a teacher in schools across Ontario, Alberta and British Columbia, Julie leverages her skills as a Master of Education, certified Professional Integral Coach and professional visual facilitator to deliver **ProjectInward**.

It is time to shift the conversation in schools.

Contact Julie to discuss how **ProjectInward** can add value to your school community.



# PROJECTINWARD