

June 15-16, 2018

# TEACHER SELF-CARE CONFERENCE

SELF-CARE+ HAPPINESS+ SEL

50+

AMAZING  
WORKSHOPS  
*from current educators*

# Engaging Panels

Disrupt the traditional panels. We're discussing teacher branding and the need for mental health clarity for teachers



**PLUS**

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Master  
Classes on all  
topics in  
education

# Conference Notes

*From disruptive workshops to out-of-this-world panels, this conference celebrates the need for self-care for teachers.*



Experience a revolution on how teachers learn to take care and self-advocate for themselves in the changing face of education. Address the need for Self-Care. Gain strategies to help teachers practice SEL. Secure Your Happiness. The Teacher Self-Care Conference 2018 empowers educators—teachers, teacher leaders, and principals—to create their own personalized self-care professional learning experience.

Start with an empowered vision. Hear Keynote Speakers who will relay their stories of self-care into building a reality that will allow you to 'dig deep' with strategies for social-emotional learning and make you nod your head in agreement and a proverbial AMEN (or three)!

Gather new ideas from fellow classroom innovators. Learn how other teachers took their skills from teaching and created an entirely new reality through our all-star line up of Workshop speakers. You'll hear from not only leaders in the classroom—but people who are disrupters to the current hierarchies in education.

Explore unconventional workshop offerings in the midst of the day. It's especially important for teachers to have time to present current problems in their class and then explore practical solutions at our daily Colleague Circles, where experienced practitioners will share current research, best practices, and actionable ideas in small, interactive sessions that focus on group collaboration and innovative thinking.

Put on your teacher shoes and have fun! Meet up with your team at our unconventional Welcome to Atlanta Mixer or Spirit of Self-Care events late in the evening. These events are spaces for teachers to network with educators from around the country.

FRNACHESCA  
WARREN  
**Event Producer, Teacher Self-Care Conference**



#### Why Should You Attend?

In the ever-changing world of education, the one thing that remains the same is the emotional and physical stress teachers are continuously under. To combat the stress we've developed a roster of events that help teacher "fill their teaching cups".

**Workshops:** All of our learning for our two days is focused around helping teachers implement teacher self-care. From workshops on topics ranging from: How to Create a Profitable TpT Store, Mindfulness in the Classroom, to Starting Your Own School we offer solutions to problems teachers are currently experiencing in the classroom.

**Keynote Speakers:** Instead of searching for people who have never been responsible for a class of students, we've secured educators who will make you laugh, cry, and shout in affirmations through their stories of self-discovery.

**Seminars/ Panels:** Throughout our weekend, we will have specialty seminars/panels ranging from Colleague Circles, to Therapy Roundtables to help teachers solve their issues they're experiencing. Our panels will focus on helping teachers build their brands AND the unspoken stories of teacher mental care- topics no other conference has addressed.

**Social Activities:** From our Welcome to Atlanta Mixer to our Spirit of Self-Care Awards, we have events scheduled that will allow teachers to relax and "let their hair down" to network with the educators who they learned with throughout the day.



Allen Lee  
**LEAVING THE PROFESSION:  
 WHEN AND HOW**  
 Details at [www.teachercare.org](http://www.teachercare.org)




Amanda S. Muhammad, MA  
**USING MINDFULNESS FOR  
 STRESS RESILIENCE**  
 Details at [www.teachercare.org](http://www.teachercare.org)




Paula Kay Glass  
**SCHOOL START UP-NOW  
 WHAT?**  
 Details at [www.teachercare.org](http://www.teachercare.org)




Dr. Aimee Cribbs  
**BEYOND PINTEREST: TEACHING  
 AND LEARNING CREATIVITY**  
 Details at [www.teachercare.org](http://www.teachercare.org)



Jeremy Adams  
**TEACHER BY DAY, AUTHOR  
 BY NIGHT**  
 Details at [www.teachercare.org](http://www.teachercare.org)



Valerie Hill-Jackson  
**TEACHING WHILE  
 NAKED**  
 Details at [www.teachercare.org](http://www.teachercare.org)



Dr. Chauncei Whitmore  
**THE INCREASING  
 WORKLOAD OF SPECIAL  
 EDUCATION TEACHERS**  
 Details at [www.teachercare.org](http://www.teachercare.org)




Lanesha Tabb  
**BRANDING LIKE A BOSS: GETTING  
 STARTED WITH BRANDING, PRODUCT  
 CREATION, AND MARKETING**  
 Details at [www.teachercare.org](http://www.teachercare.org)



Kristy Martin  
**LOSING THE WEIGHT WHILE  
 KEEPING MY TEACHING MIND**  
 Details at [www.teachercare.org](http://www.teachercare.org)



Lee-Ann Meredith  
**BRING IN CALM:  
 MINDFULNESS FOR YOU AND  
 YOUR STUDENTS**  
 Details at [www.teachercare.org](http://www.teachercare.org)



Shakara Hill  
**STEPPING OUT OF YOUR COMFORT  
 ZONE INTO YOUR MAXIMUM  
 POTENTIAL**  
 Details at [www.teachercare.org](http://www.teachercare.org)



Dr. Zackory Kirk  
**LEADERSHIP IS NOT FOR  
 THE FAINT OF HEART**  
 Details at [www.teachercare.org](http://www.teachercare.org)



Jennifer J. Niedzielski  
**HAPPY TEACHERS:  
 MINDFULNESS & THE ROOT  
 OF TEACHER HAPPINESS**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)



Tara Seals, MBA, MAEd  
**BOSSY IS AS BOSSY DOES:  
 FROM THE CLASSROOM TO  
 THE BOARDROOM**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)




Dr. Adria E. Luster  
**ARE YOU LIVING OR  
 LIMITING YOUR LIFE?**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)



Dr. Alisha Hill  
**FIND A WAY OR MAKE A WAY: HOW  
 TEACHERS CAN CREATE THEIR OWN  
 PROFITABLE LEADERSHIP PRESENCE**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)



LaDonna Welch  
**MAKING LEARNING FUN  
 THROUGH TECHNOLOGY**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)




Andrea Holyfield  
**AN EDUCATOR'S GUIDE TO  
 CAREER TRANSITION**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)



Vernetta R. Freeney  
**DETOXING THE B.S.**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)



Melodee Barnes  
**STOP DREADING FAMILY  
 COMMUNICATION**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)



Valerie Hill-Jackson  
**TEACHING WHILE  
 NAKED**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)



Cassandra Washington  
**TEACH AND TAKE TIME  
 FOR YOU**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)



Dr. Marquita S. Blades  
**BREAK THE MEDIOCRITY  
 TRAP: LESSONS FROM A  
 MEDIOCRE TEACHER**  
 Details at [www.teacherselfcare.org](http://www.teacherselfcare.org)



Dr. Adria E. Luster  
**ARE YOU LIVING OR  
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# A CONFERENCE LIKE NO OTHER

*One of the most innovative conferences to attend, The Teacher Self-Care Conference is the premiere event to reclaim your happiness in teaching.*



## GET PAMPERED

Enjoy complimentary services that help teachers maintain their self-care such as mini manicures, massages, yoga, !;1 therapy sessions, among other things. Between sessions, teachers can take time for themselves and enjoy all the special things about life.



## MASTER CLASSES

Engage with industry professionals to help you to have the tools to live the best life ever! Whether you're looking to break into leadership or work with a professional tax professional for your future, we have you covered.



## SOCIAL EVENTS THAT ARE FUN

Atlanta offers so many options and for our conference, we are hosting our annual "Welcome to Atlanta" mixers for attendees and presenters to be welcomed to our vibrant city!

*Engaging Panels\*Read Discussions*

# IT'S TIME TO TALK

JUNE 15-16, 2018



TOWANDA H.



JOHN P.



FRAN W.



TOWANDA H.



OLOMON O.



FRAN W.



TAMARAY V.



TAMARAY V.



TEACHER BRANDING 101: CREATING THE LIFE YOU WANT WHILE STILL IN EDUCATION

**PANEL**

JUNE 15, 2018  
ATLANTA, GA

ADMISSION IS GRANTED WITH TICKETS TO TEACHER SELF-CARE CONFERENCE  
[WWW.TEACHERSELFCARE.ORG](http://WWW.TEACHERSELFCARE.ORG)



LINDA D.



LINDA D.



PAULA KAY G.



TERESA C.



SUSAN B.



PAULA KAY G.



CHARTRISE H.



CHARTRISE H.



TALKING ABOUT THE SHAME: MENTAL HEALTH AND TEACHING

**PANEL**

JUNE 16, 2018  
ATLANTA, GA

ADMISSION IS GRANTED WITH TICKETS TO TEACHER SELF-CARE CONFERENCE  
[WWW.TEACHERSELFCARE.ORG](http://WWW.TEACHERSELFCARE.ORG)

# MASTER CLASSES

Over the course of two days, there will be special two-day master classes on topics ranging from school leadership to entrepreneurship for teachers. Each Master Class is 2.5 hours long and gives participants the chance to learn deeply about topics they need.

- I. Mission Possible: Eliminating the Stressors of School Leadership**
- II. Funding Your Dream: Social Entrepreneurship for Teachers**
- III. Planning Your Financial Future for Retirement**
- IV. Therapy ROCKS: Finding Your Inner Peace After a Horrible Year**
- V. Instructional Coaching With a Purpose**
- VI. Grooming Yourself to Move Into Leadership**

