



Tulare County Office of Education

Tim A. Hire, County Superintendent of Schools

Adult Well-Being Network

SESSIONS

2021

August 19
September 13
November 15
December 14
3:30 - 4:30 pm

2022

February 1
March 2
April 4
May 3

Virtual training
opportunity



Zoom

When traveling on an airplane, you will hear the flight attendant advise you to "put your oxygen mask on before assisting others." Think of this network as an oxygen mask for educators! Come join this opportunity to deeply focus for an hour at a time on our own well-being. We will reflect together on the neuroscience behind Social Emotional Learning (SEL), the benefits for both adults and students, as well as what it means to develop our own SEL competencies. Through our monthly virtual meetings, we will build a community of peers supporting each other in this very important work for ourselves and in turn, for our students.

Audience: all educators!

Register at: <http://tulare.k12oms.org/147-205210>

For more information, contact Lisa Lemus
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CONTINUOUS IMPROVEMENT FOR EQUITY
ALL MEANS ALL

