



***EMBRACING THE HEART OF A TEACHER:
Refueling Your Inspiration, Passion & Purpose***
presented by Joan Stenzler, LCSW
(offered in conference day or multi week formats)

Objectives:

- To create an experience and begin a larger discussion among educators that speaks to the power of inspiration, creativity and a calling to serve
- To discuss the influences and motivations for choosing to become educators and explore ones sense of purpose and meaning at work
- To help participants celebrate their innate qualities of heart and gain insight into how these gifts fuel their creativity and intuition
- To explore the influence of creativity and intuition on ones ability to be open, present and effective in the workplace.
- To identify situations that impede a vibrant flow of energy, compassion and creativity and identify ways to reverse their effect
- To provide guided experiences to participants that help them explore challenging situations on the job and invite opening, vision and clarity.
- To teach about stress physiology and explore individual and group sources of stress. To help educators find shared solutions designed to increase clarity, effectiveness and wellness at work.
- To identify ways to nourish, support and sustain energy, motivation and satisfaction while creating balance and health.

This program was created by Joan Stenzler, LCSW and Director for The Institute for Helping Professionals. The Institute is dedicated to helping professionals and assists them with reconnecting to their passion, purpose & inspiration for serving others. Contact Joan at 646-250-5379 or go to: www.StressLessAtWork.com