CULTIVATING YOUR PERSONAL RESILIENCE

Gatherings to support New Hampshire Educators

The gatherings will be on ZOOM from 7:00-8:00 PM on the 2nd Wednesday of the month.

Gathering Dates:

- October 11     7:00 – 8:00 PM
- November 8     7:00 – 8:00 PM
- December 13    7:00 – 8:00 PM
- January 10     7:00 – 8:00 PM
- February 15*    7:00 – 8:00 PM
- March 13        7:00 – 8:00 PM
- April 10       7:00 – 8:00 PM
- May 8         7:00 – 8:00 PM
- June 12         7:00 – 8:00 PM

*This is on a Thursday due to Valentine’s Day.

The gatherings will be led by retired NEA-NH member, Maxine Mosley, and will focus on nurturing the 12 habits and 12 dispositions of resilient educators. Through a generous grant from NEA, participants will receive a complimentary copy of Elena Aguilars’s book, “Onward: Cultivating Emotional Resilience in Educators.”

Resilience is all about being able to overcome the unexpected. Sustainability is about survival. The goal of resilience is to thrive.

Janais Cascio

Register in advance for these meetings:

https://neanh.zoom.us/meeting/register/tZAvde6ogToiE9UPszDwG0rfvg0R7sSTluJ8