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# WORKSHOPS FOR SCHOOLS

Below are just a few of the workshops we offer. Customized workshops also available!

Mindful  
Magic:  
Tools for  
Parents

Playful  
Parenting:  
Improv for  
Parents

Burnout  
Prevention for  
Teachers and  
Staff

Self Care  
Planning for  
Teachers

Teen Mental  
Health Tools  
for Anxiety and  
Depression

Unmotivated!:  
How to go from  
tired to  
inspired.

Imagination -  
Your Best  
Resource

Talk Saves  
Lives - Suicide  
Prevention for  
Parents and  
Staff

Living and  
thriving as a  
Highly  
Sensitive  
Person

Psychological  
Safety in the  
Classroom

Mindfulness for  
Educational  
Leaders

From Burnout to  
Resilience: Creating  
Sustainable Growth

Rejuvenating Your  
Workflow

Mental Health  
Matters: Trauma  
and Coping

Mental Health  
Matters: Self Care

Mental Health  
Game Plan

Creating a Balance  
between work/life  
or school work/life

ADHD and Your  
Work-Life Balance

**Contact:**

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