

## Managing Personal Wellness for Leaders: Taking Care of Ourselves to Take Care of our Schools



PRESENTED BY

**Krystal Abrahamowicz**

SERIES SESSIONS

Date	Time
March 02, 2018	9:00 AM - 11:30 AM



LOCATION

**FFCA - Learning Centre - 110 - 7000  
Railway St. SE**

FEE

**\$0.00**

QUESTIONS?

Contact Us:

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### Program

AUDIENCE: K-12 ADMINISTRATORS ARE ENCOURAGED TO ATTEND.

Let's face it, leading learning is incredibly rewarding *and* incredibly challenging! While the work can be exhilarating, it is undeniably demanding, and it is imperative that leaders assume self-care as a critical component of their work. Creating a culture of well-being in schools requires an acknowledgement that our own wellness as leaders matters in that culture too. When our personal wellness is addressed, we are strengthened in our ability to support others in their wellness, and to create environments in our schools that support the wellness of all – staff and students alike. In this highly interactive session, school leaders will learn strategies to increase personal and workplace wellness.

*This learning opportunity is being offered through a mental health grant from Alberta Education.*

### Presenters

#### **Krystal Abrahamowicz**

is currently the Coordinator of Inclusion for Foundations for the Future Charter Academy. With extensive background and training in gifted education, and many years of experience supporting diverse learners, Krystal is a passionate

believer that every student can experience success at school. Krystal has extensive experience with adult professional learning, serving as the Executive Director for the Calgary Regional Consortium (CRC) from 2019 - 2022. During her time with the CRC, she authored the *Supporting High School Completion a Tool Kit for Success* resource and had a key role in developing the Implementation and Planning Tool in the Government of Alberta Resource *Working Together to Support Mental Health in Alberta Schools*, as well as the ARPDC *Weaving Ways* resource which supports teachers in including Indigenous knowledge systems in their practice.

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Providing Quality Professional Learning  
Opportunities to K-12 Education Staff