

# HEARTcare: Emotional Well-Being For Adults who Work in School Settings – Educators

**PRESENTED BY****Dr. Astrid Kendrick****SERIES SESSIONS**

Date	Time
May 05, 2022	4:00 PM - 5:30 PM

**LOCATION****Online****FEE****\$0.00****QUESTIONS?****Contact Us:**[crc.info@aplc.ca](mailto:crc.info@aplc.ca)[403-291-0967](tel:403-291-0967)**REGISTER ONLINE****Visit our website to register:**[crcpd.ab.ca](http://crcpd.ab.ca)

## Learning Opportunity

**TARGET AUDIENCE:** All K-12 educators are encouraged to attend.

Working in the Alberta school system demands emotional labour from educational assistants, teachers, school leaders and other education workers.

Occupational hazards such as compassion fatigue and burnout can result from providing emotional labour without protecting your own well-being.

In this interactive session, Dr. Astrid Kendrick will discuss some of the stress and distress felt by educational workers and will introduce HEARTcare planning, a framework for building occupational well-being for all educators.

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## Presenters

### **Dr. Astrid Kendrick**

Before taking on her current role of Director, Field Experience (Community-Based Pathway), at the Werklund School of Education, Dr. Astrid Kendrick was a K-12 classroom teacher for nineteen years specializing in Physical Education and English/Language Arts. Astrid's current research focus is on compassion fatigue, burnout, and emotional labour in

Alberta educational workers and improving online learning through integrating podcasts. She is a member of the advisory circle for the Alberta Teachers Association Women in Leadership committee and is the co-chair of the Health Promoting Schools Collaborative for the southern Alberta region. She was also the editor of the Runner for the Health and Physical Education Council (HPEC) for three years.

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## Registration Notes

This session will be recorded and available to all registrants for 30 days after the session occurs.

Session times are MOUNTAIN TIME.



**Providing Quality Professional Learning  
Opportunities to K-12 Education Staff**