

# Summer SELF-CARE CONFERENCE

**A FREE ONLINE CONFERENCE FOR EDUCATION  
PROFESSIONALS**



**2022 CONFERENCE GUIDE**



# Welcome!

We are so excited for you to join us for three days that are jam-packed with presentations that highlight **encouragement, motivation, and tools** you're looking for to *reduce stress, prevent burnout, and fill your cup!* Get ready to learn from some of the top educators, self-care experts, and motivational speakers, as they provide you valuable strategies so that you can be the most effective educator/administrator/parent you can be!

Join me in celebrating that we all survived a year for the books by replenishing yourself with the first annual Summer Self-Care Conference.

Everything you see below is included in the Online Free Summer Self-Care conference! The best part? No professional attire required and you can tune in wherever you are! We want to inspire you to create a self-care plan that feels authentic and supports balancing your personal and professional obligations. It's the best time of the year to fill your cup! Self-Care Summer, here we come!

Brittany Blackwell, M.Ed  
Teacher Resilience & Retention Strategist.  
@teachingmindbodyandsoul

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you by:



## 2022 CONFERENCE GUIDE



# Overview

**Welcome to our Free Virtual Summer Self-Care Conference! We are so excited for you to join us over these three days to collaborate and learn from each other. Here is some information to keep you organized.**

## **Logging Into the Summer Self-Care Conference Platform**

Join us on our new Summer Self-Care Conference platform powered by Teachable to watch each days' presentations. You can watch by signing into the platform <http://teachingmindbodyandsoul.com/summerselfcareconference> and accessing the link at the top - "My Courses." When you access the Summer Self-Care Conference, you should see the "Welcome & Introduction" section.

## **Presentations | Live Q&A**

Presentations will begin on Friday, July 22nd. The day's presentations will be available from 12:01 am until 11:59 pm automatically in the course. Live sessions and Q&A will occur over in the Attendee Facebook Group. For unlimited access to all of the presentations, live re-plays, and access to the Bonus Library of 20+ Resources, you must **upgrade to the All-Access Pass.**

## **Connect with Us on Facebook!**

Please make sure you are in our 2022 Summer Self-Care Conference Facebook Group , where you can get updates and interact with presenters and other attendees:

<https://bit.ly/summerselfcarefb2022>



# 2022 CONFERENCE GUIDE

# Day 1 Sessions

## **"From Burnout to Balance: Summer Self-Care for Burnout Recovery" | Brittany Blackwell**

In this session, you will get the 411 on how you can use your summer break to get on the road to burnout recovery. This presentation will begin with a fun way to determine what stage of burnout you are in and then jump into the four SIMPLE strategies you can utilize this summer to get on the road to recovery so we can build up from our burnout. Grab your favorite drink, and let's make a plan to beat burnout.

## **"Create a confident and clear start to the year by transforming your approach to classroom management in 3 simple steps" | Tierraney Richardson**

3:00-3:30 - Q&A in the Facebook Group

In this session with expert classroom management coach, you will learn the #1 mistake you are making that can affect your classroom management and WHY you keep feeling frustrated. You will also discover 3 ways to prevent misbehavior before it even starts so you can beat burnout from day 1.

## **"Inner Child Work for Teachers" | Ce'arra Richards**

3:30-4:00 - Q&A in the Facebook Group

Inner child work is the act of rescuing, reconnecting, and re-parenting your child self; rewiring your subconscious by healing childhood wounds and providing the safety, love, and trust your inner child needs. In the education profession, there is a lot that you can point the finger of blame at. The ever changing laws and mandates, the constantly increasing workload, over testing, student behaviors, lack of resources, poor salary, decreasing trust in you as a professional, etc. You work to combat it all by martyring yourself, which leads to burnout. Eventually you are in survival mode and looking for self care measures, as binge watching, overeating, overdrinking, sporadic exercise, and other vices are no longer holding you over. Commonly understood self care methods such as gratitude lists, drinking more water, exercising, saying no to alcohol, reading for enjoyment, etc. while having the ability to play a role in self care, actually serve as a simple bandaid over a dirty wound. You have to clean the wound before it can heal. This is where inner child work comes in. This 30 minute workshop will summarize the role your subconscious plays, why inner child work is necessary for teachers in and out of the classroom, and how to rescue, reconnect, and re-parent your inner child.

## **"Enforcing Classroom Boundaries" | Kayland Lamar**

5:30-6:00 - Q&A in the Facebook Group

Perhaps the single most important part of having boundaries is doing what it takes to uphold them. For educators, this is particularly difficult because we are always focused on centering their students and families. This session will help you communicate your boundaries so that you are able to enforce them in the classroom.

## **"The Power of 5 Minute Self-Care" | Helena Hains**

7:30-8:00 - Q&A in the Facebook Group

Deep down you know that you should take care of yourself, but you can never find the time to do it. Or maybe you plan on making a change but after helping students, admin, parents, and your family you can barely find the energy to get off the couch. We know deep down that this isn't a sustainable plan, but you might be wondering "where do I start" or "how can I find the time and energy?" This 30 minute workshop will break down the power of 5 minutes and how to use time to your advantage.



# Day 2 Sessions

## **"Human First, Teacher Second. " | Spencer Cotter**

11-11:30 - Q&A in the Facebook Group

As teachers, we're bombarded with rules and limiting beliefs that teach us that putting our wants and needs first is selfish. These narratives are harmful to the wellbeing of teachers and truly aren't helpful to students because in order for us to support them, we need to support ourselves. Does leaving the old narratives behind so that you can begin creating a new normal for your life sound like something you need? Then you're in exactly the right place! You can't wait until teaching isn't hard to be happy and you can't wait for anyone else to give you permission to start prioritizing you and your life. Are you ready to take your power back?! This self-empowerment mini-training is here to help you get started! Human First, Teacher Second is packed with mindset shifts that will help you empower yourself to put yourself first this school year. And as a bonus, you'll walk away with actionable tools to back up your new empowered mindset! Can't wait to see you there!

## **"Teach With Less Turbulence" | Meredith Newlin**

11:30-12:00 - Q&A in the Facebook Group

A strong sense of total well-being is vital to the fulfillment and success of every teacher. In this session, find out how practicing not only self-care but also SOUL CARE can help you thrive with less stress & more joy. You'll implement a game plan for a calmer, more organized state of teaching, learning, and living.

## **"enVISIONing a More Aligned and Harmonious Life at Home and Work" | Dr. Katie Raher**

1:00-1:30 - Q&A in the Facebook Group

You want your life – at home and work – to feel fulfilling and you want tips to get you there, but life isn't one size fits all. Starting first with clarifying your VISION is vital to making sure the intentional choices you make moment to moment are guided by what you desire most. To help you create your best life, explore tapping into your values, interests, strengths, intuitive wisdom, and identity as the root of your VISION. Be led in a guided visualization to further help you create crystal clarity around your greatest desires for the school year and beyond, and receive reflection prompts to help you take steps toward manifesting the aligned and harmonious life you enVISION.

## **"No Stress Accessible Lesson Planning " | Adelaide Jones**

2:00-2:30 - Q&A in the Facebook Group

Lesson Planning can be stressful- especially when we want to be sure students have access to learning regardless of ability or circumstances. During COVID- I knew I had to change my teaching if I was going to survive. That's when I discovered the power of creating my own digital textbooks using google slides that can be shared directly with students and their families, include video instruction built right in, and only takes me about 1/2 hour per class per week to create. This has saved me so much time and mental energy and it can be used/modified year after year. Join this session and I will walk you through the steps, include video instructions you can reference over and over, and beautiful templates to get you started.

# Day 3 Sessions

## **"How to Heal Through Your Burnout: The Key Steps You Must Take to Begin Healing Before Summer is Over and a New School Year Begins" | Amber Harper**

*No Scheduled Live Event*

In this session, Amber will guide you through:

- 3 mistakes that most teachers will make that will keep them stuck in burnout through the summer
- 3 actionable mindset shifts that will help you begin to heal this school year (without the "self-care" lecture)
- Processing your burnout and help you use it to design a personalized burnout plan to help you heal from this year and thrive next school year

## **"Write Your Way Out: Using Creative Writing to Heal from Burnout and Compassion Fatigue " | Ayesis Clay**

*2:00-2:30 - Q&A in Facebook Group*

Write Your Way Out is an interactive workshop that explores how creative writing can serve as a powerful and fun tool for healing stress, adversity, and trauma in and out of the classroom. In this workshop, you will: use mindfulness exercises to spark creativity, use writing prompts to help reveal your teacher story, and share your writing in a supportive environment. This unique and engaging workshop will provide tools to reduce your stress, boost your mood, and help regulate your emotions - all while having fun! No writing experience is necessary.

## **"Feeding Your Creativity" | Amy Roadman**

*No Scheduled Live Event*

Don't feel like you have to be an artist to be creative! In this session, we will figure out ways that work for you and your interests, skills, and talents when it comes to feeling like you are able to add creativity into your life, whether it is something you want to do in your downtime (I know, what is that?!) or little ways to add a bit of creativity into your work life so it almost feels like you get to take a break while you are being productive.

## **"Eating for Self Care: Nutrition Strategies for the On-the-Go Educator" | Breanna Baildon**

*No Scheduled Live Event*

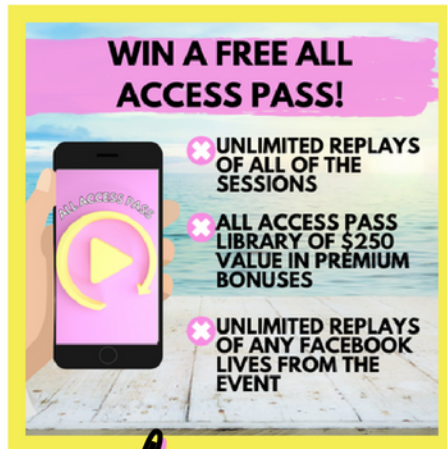
If your eating habits suffer as a result of your busy schedule and stress, you're not alone. In this short workshop, you'll learn how to take a mindful (and super practical) approach to your diet and eating habits to support your physical and mental health.



# Sponsored by:



# Prizes & Giveaways:



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# Meet the Presenters



**HOST: Brittany Blackwell, M.Ed**



**Spencer Cotter**



**Amber Harper**



**Katie Raher, Ph.D.**



**Meredith Newlin**



**Ce'arra Richards**



**Kayland Lamar, M.Ed.**



**Adelaide Jones**



**Ayesis Clay**



**Amy Roadman**



**Tierraney Richardson**



**Helena Hains**



**Bre Baildon**

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# Meet the Presenters

## **Brittany Blackwell, M.Ed | [teachingmindbodyandsoul.com](https://teachingmindbodyandsoul.com)**

Brittany Blackwell, M.Ed. is an award-winning special educator and teacher resilience strategist from South Carolina with over ten years of experience working with elementary and middle school classrooms. Brittany is no stranger to teacher burnout and has a passion for empowering teachers, parents, and students to prioritize self-care and mental health. Brittany's digital approach to teaching self-care and resilience through her podcast ("The Resilient Teacher Podcast"), digital planning, vision boards, and strategies has reached the homes of thousands of educators across the world. Also known as "MsPrincessTeach" on Tiktok, Brittany's social media following grew through her fast-paced, lighthearted tutorials and humorous real life experiences. Brittany helps teachers create their own Individualized Self-Care Plan by providing sustainable strategies, handcrafted products, and digital resources to reduce stress, automate the mundane tasks of teaching, and prevent overall teacher burnout. Her approach gives support so that educators can maximize fulfillment and effectiveness in their personal and professional lives. Brittany's passion for empowering teachers, parents, and students to take care of themselves and their mental health is what led to her designing, planning, and coordinating the Summer Self-Care Conference. Brittany holds a Bachelor's degree in Early Childhood Education from USC Upstate and a Master's degree in Special Education from Converse College.



## **Meredith Newlin | [TheTransformedTeacher](https://TheTransformedTeacher.com)**

Meredith Newlin is entering her 18th year teaching secondary English. Her passion and purpose are to help motivate and inspire educators to rediscover—and keep—their joy for the teaching profession. She is the author of *Captured Fireflies: Truths, Mistakes, And Other Gifts Of Being an English Teacher* and *Freed To Teach: 7 Keys To Thrive In an Era Of Uncertainty*. She is also the creator of *The Transformed Teacher* podcast as well as a variety of workshops, online courses, and programs for teachers. Meredith currently lives in North Carolina with her two children.



## **Amber Harper | [BurnedInTeacher.com](https://BurnedInTeacher.com)**

Amber Harper is a long-time educator, author, speaker, and podcaster. She's the founder of [www.burnedinteacher.com](https://www.burnedinteacher.com) and author of *Hacking Teacher Burnout* which gives struggling teachers a path to follow as they navigate their way out of burnout. Amber is a Teacher Burnout Coach working with educators to help them grow through their burnout and take their next, best steps toward what they want from their career in education and in life.



# Meet the Presenters



## **Breanna Baidon | [knowledgenutritionist.com](https://www.knowledgenutritionist.com)**

Bre Baidon is a Registered Dietitian Nutritionist. She teaches exhausted, overwhelmed educators to break bad habits and replace them with realistic & sustainable healthy habits. Bre believes that when you are fueled with a balance of nutritious and delicious foods, you will feel better and be more energetic, passionate, and confident, both in and out of the classroom. She guides teachers to view nutrition as a fundamental aspect of self-care; to build time-saving habits while effortlessly eating for both physical and mental health without dieting. As the wife of an international middle school teacher, Bre has worked with educators and schools all around the world to prioritize teacher health and wellbeing.

She holds a Bachelor's degree in Nutrition and Dietetics from Concordia College and a Master's degree in Health & Wellness Coaching from Creighton University. .

## **Spencer Cotter | [spencermegan.com](https://www.spencermegan.com)**

Spencer Cotter is a former teacher who went from burnout to living on her own terms and currently mentors teachers helping them do the same. She helps teachers empower themselves and believes that with high level personal development skills such as building boundaries, mastering your mindset and elevating your energy, you can live the life you want and deserve despite the challenges you face.



## **Aeysis Clay | [@sculptedclay](https://www.instagram.com/sculptedclay)**

Ayesis Clay is a distinguished educator, multidisciplinary theatre artist, and educational consultant. Recently she served as a Featured Speaker for the National Educational Theatre Association, Beyond Differences, and SMART Technologies Summer Reboot Conference. With over 19 years in education, she has written and developed curricula for public and charter schools, the Maryland Department of Juvenile Services, and many local and regional theatre companies. Ayesis holds a Bachelor's degree in Theatre (NC Central University), a Master's degree in Curriculum and Instruction (Univ. of Phoenix), and is a certified Arts Integration Specialist (University of Maryland, College Park).



Combining her extensive background in theatre and education, Ayesis founded Sculpted Clay Productions LLC, where she uses keynotes, arts-infused residencies, and professional development workshops to help schools create trauma-sensitive spaces that are focused on social-emotional wellness and creativity for both teachers and students. She continues to strive for an increased spotlight on teacher mental wellness by inspiring deeper conversations around creativity and humanity in education, as well as complex and important topics like compassion fatigue and burnout.



# Meet the Presenters



## **Ce'Arra Richards | @**

Ce'arra Richards is a First Grade Teacher who works with passionate, yet burned out teachers to Trojan Horse the archaic and failing education system from the inside out by taking rebellious and radical personal responsibility; using inner work to heal. Ce'arra believes that inner child work heals the teacher; therefore impacting the humanization of self and students. Ce'arra has spent eight years teaching first grade at a rural, Title 1, public school; as well as seven years combined as a paraprofessional educator, school secretary, and district grants manager/writer. Although Ce'arra experienced considerable adversity throughout her childhood, through extreme dedication and discipline, Ce'arra put herself through college to reach her dream of becoming a teacher. Ce'arra has also worked extensively to heal her trauma, including her inner child and is currently sharing with teachers how this healing directly affects teaching, reignites passion, prevents burnout, and will reform the failing education system from the inside out. Ce'arra holds a degree in K-8 general education and K-12 special education from Western Governors University.

## **Kayland Lamar, M.Ed | KaylandLamar.com**

Kayland has worked as an educator in lower Alabama for over 8 years. She holds a Bachelor's degree in Biology and a Master's degree in Secondary Education with an emphasis in Biology. She currently teaches Biology at her high school alma mater. Additionally, Kayland is a Teacher Self Care Coach who works with educators to help them create, sustain, and improve their self-care practices. Kayland believes that it is important to be proactive when it comes to prioritizing yourself. She uses her expertise to assist educators in building their own personal toolkit of strategies that help them to reclaim their peace and prevent burnout. In addition, she uses her passion to help others set intentional and meaningful boundaries.



## **Adelaide Jones | AdelaideJonesEd.com**

Hi! I'm Adelaide. I am a traveling special education teacher. I work in hard-to-fill positions all over the country. I'm also really passionate about making learning accessible for all students, so I created a toolkit of digital teaching tools, lessons, data collection systems, and other resources that make life easier. I started teaching other educators how to use these tools, and created a website sharing those resources AdelaideED.com :)



# Meet the Presenters

## **Tierraney Richardson | @MissTierraney**

Tierraney is originally from Houston, TX. She attended Agnes Scott College for undergrad where she obtained a BA in Economics/Organizational Management. She holds a Masters of Science in Educational Studies from Johns Hopkins University and a Texas certified Principal through Rice University's principal certification program.



Tierraney has 10 years of experience in K-12 education. She began her career as a Teach for America corps member and has held multiple leadership roles from classroom culture specialist, 1 of 15 district-wide effective practice facilitators to New Teacher Coach, Dean of School Culture, and now K-12 Assistant Principal.

As the CEO of Tierraney Richardson Consulting, LLC she specializes in helping k-8 beginner teachers serving in title 1 schools gain clarity and confidence on how to improve their classroom management by designing and implementing a custom classroom management and culture plan that is simple and sustainable. In all of her roles, Tierraney has always had the desire to grow and help others do the same with the goal of championing equity for kids. Find her online at [tierraney.com](http://tierraney.com) or @MissTierraney on all socials.

## **Amy Roadman | @Amy.Roadman.Art**

Amy Roadman is an artist and visual arts educator living in the Laurel Highlands of Pennsylvania who works with students of all ages striving to help them see the value that creativity has in their lives. Amy believes art and creativity can be taught, you don't have to start out with innate talent, but a desire to create regularly will prove to be beneficial in growth. When you look at the beauty around you, you can begin to appreciate what this world has to offer which in turn can translate into little ways to add creative practices into your regular routine. Amy has spent 20+ years teaching classes, workshops, camps, and private lessons both face-to-face and virtually to students of all ages. Her classes and creative retreats are always focused on finding the right balance between feeling comfortable with the art materials, working at the skill level you are at to build a practice that is uplifting and helping you discover your own artistic style. Amy holds a Bachelor's degree in Art Education/Art History from Seton Hill University and a Master's degree in Instructional Design from Bloomsburg University.





# Meet the Presenters



## **Helena Hains | @thepresentteacher**

Helena, M.Ed, is a Teacher Wellness Coach that empowers new educators to eliminate mental and emotional health stigma inside and out of the classroom. Helena believes that educators need to prioritize their wellness first in order to make a greater impact with their students. She has spent 5 years helping educators around the world create healthy habits that allow them find fulfillment and joy in the profession. Her challenges, memberships, and courses has helped hundred of educators create a fulfilling life inside and out of the classroom. Helena's passion for creating healthy habits and creating a safe space to feel seen and heard has helped thousands of educators and students around the world. Helena holds a Master's Degree in Elementary Education with a minor in English Language Learning and Spanish.

## **Katie Raher, Ph.D. | ConstantLoveandLearning.com**

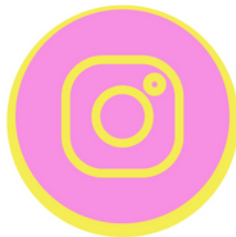
Katie Raher, PhD, is an award-winning teacher turned School Psychologist and the Founder and CEO of Constant Love and Learning. She helps soul-led educators and change makers cultivate social emotional learning and well-being within themselves, the children they serve, and their larger systems, so they can expand and sustain their impact while honoring their health, harmony, and wholeness. After her own physical and mental health crash and burn, and evidence-based and intuitive journey back to well-being, Dr. Raher realized that well-being practices that nourish the whole educator – social, emotional, mental, physical, spiritual, and professional – are the foundation of being able to effectively support children's resilience and learning and thus the most important kind of professional development there is. Since starting Constant Love and Learning in 2019, she has supported thousands of educators from across the globe through her educator well-being programs, social emotional learning workshops, consulting and coaching, and fun and simple handouts. During her 20 years in the field of education, she has also been an advocate for educational equity for students and has led several school- and district-wide initiatives to expand and improve the use of evidence-based practices at the systems level, supported large-scale and federally-funded research projects, and taught college courses, presented, and published in areas related to child development and instruction. Dr. Raher holds a Bachelor's degree in Human Development from UC San Diego, a Master's degree and Ph.D. in Education from UC Berkeley, and a California credential in School Psychology. She is also married to a high school math teacher, mama to two highly sensitive kids who are her greatest teachers, a Brené Brown groupie, and a big fan of dance parties in the classroom, kitchen, or pretty much anywhere.



# Connect with the

# SUMMER SELF-CARE CONFERENCE

Share your favorite moments from the conference and tag **@teachingmindbodyandsoul** and **#summerselfcarecon** for a chance to be featured on the official Summer Self-Care Conference page!



Check out the Facebook Group to connect with presenters and attendees throughout the event. Presenters may go LIVE right after their presentation time in the group for LIVE Q&A!



# Upgrade your Ticket

## GET THE ALL ACCESS PASS!

JULY 22-24TH WILL BE ACTION-PACKED WITH AMAZING SPEAKERS SHARING HOW TO TAKE CARE OF THE MOST IMPORTANT PERSON - YOU - AND REDUCE BURN OUT THIS SCHOOL YEAR. HOWEVER, IT TOTALLY DEFEATS THE PURPOSE IF YOU'RE OVERWHELMED BY TRYING TO CATCH EVERY VIDEO EACH DAY. THAT'S WHERE THE SUMMER SELF-CARE CONFERENCE ALL ACCESS PASS COMES IN!

GIVE YOURSELF THE SPACE TO TAKE IT IN SLOWLY AND IMPLEMENT AS YOU GO.

- ✔ Do you want Lifetime Access to all of the presentations in the Summer Self-Care Conference (including replays of LIVE Q&As)?
- ✔ Afraid you'll miss some of the valuable information in one day?
- ✔ Do you want Access to PREMIUM Bonus Materials from our amazing Presenters?

Over \$250 in Premium Bonus Materials



UPGRADE TO THE ALL ACCESS PASS FOR EARLY BIRD PRICING AT \$39.99!

The price will increase to \$59 on Saturday, July 23rd so get your ALL ACCESS PASS early.

and so much more...