

Self-Care

Helping Educators Thrive in a Weary World

March 2021

Online Prerecorded Presentation
and Related Resources

Available to registrants for the
whole month of March.

16th Annual Winning Strategies Conference for Paraprofessionals and Future Teachers

Presented by: Metro ECSU and MN Regional Low Incidence Projects - Region 11

Keynote By:

Jennifer Londgren Minnesota State
University, Mankato (Prerecorded)

Fee: \$15

(includes access for the whole month of March)



Register Online:

MetroECSU.myquickreg.com

Registration Deadline: February 22, 2021

Registration Contact

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Description

Paraprofessionals and Future Teachers are experiencing unprecedented challenges this school year. Considering the need to reduce burnout and build educator resilience, we will provide registrants with a link to a web page filled with self-care resources, replacing the typical conference. This link will include a two-hour keynote presentation to help professionals thrive, along with links for more resources to dive deeper into self-care.

Keynote

Self-Care: Helping Educators Thrive in a Weary World

Presenter

Jennifer Londgren, EdD, LMFT, NCC, Dr.- Minnesota State University, Mankato (Prerecorded)

Dr. Jennifer Londgren is the Program Coordinator for the Alcohol and Drug Studies Program at Minnesota State University, Mankato, and an Associate Professor in the Department of Health Science. Her clinical expertise includes working with clients with addiction and mental health issues, as well as working with youth with anxiety disorders. She has a passion for supporting students and professionals in the mental health field.

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