Employee Wellness Solutions for Educators





Isabelle Wettergren
MA, NBHWC, CWP &
Founder

Plan today for your 2021-2022 Professional Development

- *Mindfulness
- *The art of letting go
- *Resilience
- *Positive communication
- *Creating your new normal
- *Burnout prevention
- *Boundaries 101
- *Conflict resolution
- *More...

CONTACT US TO PLAN YOUR PROFESSIONAL DEVELOPMENT & LEARN ABOUT OTHER SERVICES

(510) 205-8790 www.teacherswellness.org