



## New from Educational Enterprises

# Staff Wellness Retreat

This 2.5 hour immersive experience is dedicated to self-care. We provide educators with time and space to disconnect from the demanding stressors of work and reconnect with their passion, which led them originally to teaching.

In this retreat, we will:

- take time to reflect on purpose
- share meaningful stories about how we positively impact our youth
- discuss the importance of self-care
- encourage participants to share their own experiences and what works best for them.

We will explore and experience various multi-sensory self-care practices including: breathwork, guided meditation, body scan, sound therapy, tapping and aromatherapy.

Participants will leave with an overall sense of calmness, a revitalized commitment to their students and a renewed dedication to their own self-care, so they can continue to have a positive impact on their students.



90% of respondents gave this workshop 5-star reviews

**What people  
are saying:**

"Exchanging experiences with other teachers was very reassuring and helped me feel less alone."

"Stretching really makes a difference for both our minds and bodies."

"Simple breathing makes a world of difference!"

"This was an important reminder to take time for yourself!"

"This was amazing!"

For more information, contact [Grisel Espinosa at griesp@bergen.org](mailto:griesp@bergen.org)  
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