



40+ TOOLS TO BUILD RESILIENCE AND WELLNESS WITH STUDENTS AND STAFF

Stress, trauma, and declining attention spans drastically impact learning, teaching, and the ability to thrive in school and life. Building connection, teaching emotional regulation, and practicing daily wellness practices in schools is more important than ever.

Join us for the **Generation Wellness Level 1 Training** where you will learn 40+ innovative teaching and counseling strategies, effective discipline practices based on the latest neuroscience, and simple self-care activities. You will leave feeling inspired, rejuvenated, and aligned to your vision, ready to implement PK-12 tools immediately. Less stress and more success begins now!



Trainer: Lyndsay Morris, M.Ed.
Founder of Generation Wellness



6 CLOCK HOURS



April 27, 2024
8:30am - 3:30pm



Franklin Elementary School
1402 S Lawrence Street
Tacoma, WA

REGISTER AT [GENERATIONWELLNESS.COM](https://www.generationwellness.com)