



## Two Package Types Are Available:

### Whole Group/School Coaching

Stace has three workshop offerings that are 2.5 hours each.

- Educator Wellness
- Classroom Tools
- Sensitive Students

### Individual Class Coaching

In addition to the group/school coaching, Stace can provide more intimate one-on-one coaching with teachers. These individualized sessions will go deeper into the subject matter of the above workshops. She will work with you on specific objectives to ensure you & your students succeed.

Contact us to discuss options.

Cloudberry Wellness is here to support your school community

Stace offers coaching workshops either through school visits or via video conferencing. We would be pleased to work with you on a customized package.

Stace & Heather

### About Stace

Stace Burnard, MA, Clinical Psych., B.Ed. has worked in education for over 20 years. She has held district & school-based positions in special education, educational psychology and social-emotional learning.

Stace has led a multi-year self-regulation initiative in NWT. She has written for Insights Magazine (BCACC), AdminInfo (BC Principals' & Vice-Principals' Association) and a number of British Columbia Teacher Federation (BCTF) magazines.

Stace published "Putting the Pieces Together: Building a Curriculum of Caring" in 2008 and has presented at First Nations Education Steering Committee conferences, BCTF conferences and the CCBID International conference in U.S.



**Stace Burnard**

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Healthy State of Well-Being

Stace Burnard, MA,  
Clinical Psych., B.Ed.

Educator,  
School and  
Classroom  
Well-Being  
Professional  
Development



## Educator Wellness

Mindfulness and self-regulation techniques to manage and restore teaching effectiveness. We are the models for our children. As educators, we are 'on' all the time. At the most stressful times do we respond calmly or react to challenges?

We will explore...

- Societal stressors
- Profession-specific stressors
- Emotional regulation & mindfulness
- Personal energy & optimal zone
- Routines and self-care plan and the impact on personal energy
- Piloting some new habits

## Classroom Tools

Student self-regulation and social-emotional learning that builds respectful and strength-based classrooms. A suite of student empowerment tools will be offered.

We will explore...

- Environmental adaptations for biological & sensory needs
- Self-awareness & mindfulness
- Emotional regulation
- Perspective-taking & prosocial activities

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*"Staff were pleased with the excellent examples and suggestions for moving forward in their classrooms!"* **Dorie Hanson**,  
Coordinator South Slave  
District Education, Fort  
Smith, NWT

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"Wellness comes from the management of energy through self-awareness of stressors, the development of routines and habits to conserve energy and from gratitude for the everyday joys and recognition of life's rhythms."

**Stace Burnard**

## Sensitive Students

Student-centered interventions for vulnerable and Tier III children. Challenging perceptions and building trust with our sensitive students requires us to ask questions of ourselves. Am I teaching student responsibility or obedience? Am I maintaining the relationship?

We will explore...

- Attachment & relationship building
- Trauma-informed approach
- Language and its' powerful impacts
- Relationship, rhythm and repetition
- Working 'with' or 'to'?