



Lexi Backstrom Ed.D., MBA, PPS, LMFT/LPCC

Wellness Consultant / Public School District Administrator



SESSION DESCRIPTION

Prioritizing You! It's the Best Investment You Will Ever Make!

As educators and administrators, we don't do a good job of taking care of ourselves. This webinar will help educational professionals develop an effective personal wellness plan and avoid common barriers to achieving wellness in an educational setting.



TOPICS COVERED

- Educator Wellness
- Work-Life Balance
- 8 Dimensions of Wellness
- Evidence-based Wellness Practices
- Personal Wellness Plan



DETAILS

- **Date:** September 17, 2024
- **Time:** 10:30 a.m. – 12:00 p.m. MT
- **Length:** 90 minutes
- **Virtual:** via Zoom



MEET LEXI

