



HOPE 4 THE WOUNDED

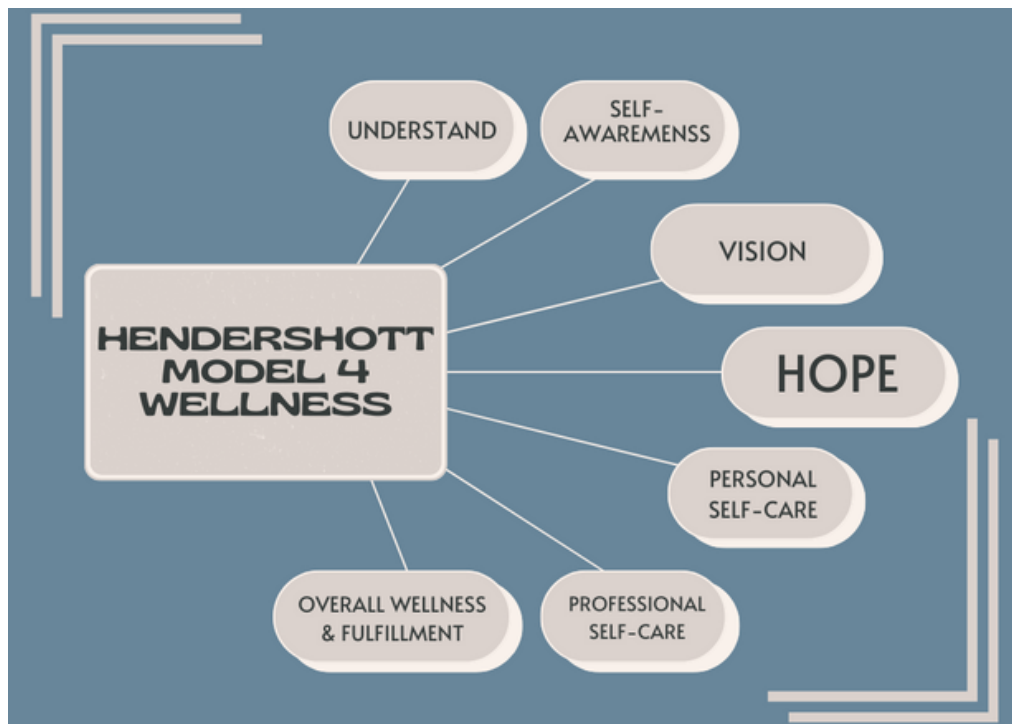
ENCOURAGE - EQUIP - EMPOWER

TRAUMA-INFORMED WELLNESS 4 STUDENTS, EDUCATORS, & COMMUNITIES

Supporting the Wounded Educator: A Trauma-Informed Journey to Personal & Professional Wellness

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Author, Certified Health & Wellness Coach, Instructor

Thank you for attending my session today! You matter and your power of influence matters, so our goal is to help you position yourself for overall wellness. The book reference for today's session is *Supporting the Wounded Educator: A Trauma-Sensitive Approach to Self-Care* (Hendershott & Hendershott, 2020). This handout contains a couple of the graphics from the session as well as space to remind yourself of your empowering truth.



To download a free *Introductory Resource to Educator Trauma & Wellness*, please visit the "Wellness" page on our website listed below. It contains much of the information shared in today's session!

