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ONLINE GROUP

# ONLINE SUPPORT GROUP FOR TEACHERS

**Date:** Monday, September 20<sup>th</sup> **Time:** 5pm - 6pm

A support group for teachers who are currently educating and supporting students, while navigating the new norm. The group provides a space for teachers to discuss their emotional wellbeing concerns and other stressors related to their role and the impact of COVID-19 pandemic on them personally and their loved ones. Teachers can bring any topics or issues related to their practice as a teacher. Some of these concerns may relate to working with students, parents, and colleagues, as well as issues including but not limited to their own experience juggling their teaching role and also supporting their own children in these uncertain times.

## BENEFITS IN ATTENDING:

In attending these support group sessions, teachers will have:

- A safe and supportive environment in which professional issues may be explored.
- The opportunity to share their challenges and receive professional input from the facilitator as well as their peers.
- The space to reflect on their self-care practices as a means of preventing burnout, increasing their awareness of their current workload and learning additional ways to maintain a healthy work/life balance during this very busy academic term.
- The guidance on how to give clear, concise and constructive feedback to students and parents.

## CONTACT US

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[lighthousearabia.com](http://lighthousearabia.com)

RESERVATIONS: [lighthousearabia.com/events](http://lighthousearabia.com/events)

FEES: **Free-of-cost**

LOCATION: **This is an online group. A meeting invitation will be shared with a Zoom link in advance.**



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