



Mindfully Led: “Be Gentle with Yourself”

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Wellness Wednesdays for Valley Stream 13 Parents

Session Date & Time	Session Description	Session Outline
<p>Sept 29 2021 Oct 27 2021 Nov 24 2021 Dec 22 2021 Jan 26 2022 Feb 23 2022 Mar 30 2022 Apr 27 2022</p> <p>@ 6 PM</p>	<p>Mindfully Led Leadership Workshop: “Rebuild, Repair, Restore: Navigating Leadership While Prioritizing Wellbeing”</p>	<p>Rebuild:</p> <ul style="list-style-type: none">• Navigating our hopes and fears to own leadership. <p>Repair:</p> <ul style="list-style-type: none">• Trauma, Trust, and taking the lead in building an effective team. <p>Restore:</p> <ul style="list-style-type: none">• Cultivating authentic relationships to build effective teams <p>Resilience:</p> <ul style="list-style-type: none">• Creating sustainable organizational culture

[Please Click Here To Attend](#)