

ACSI PD Forums ²⁰/₂₀

Designed to Flourish. Delivered Digitally.

The [Virtual PD Forums](#) will combine subject matter experts with rich engagement, taking a deep dive into the theme of Well-Being. Over the course of a day and a half (~1.5 CEUs), these Virtual PD Forums will both equip and encourage educators in their efforts to help students thrive.

Dates: September 24-25, October 8-9, October 15-16, October 22-23, October 29-30, November 23-24

Day 1		
TIME	EVENT	PRESENTER
9:00 AM	 Opening Session: Well-Being — When we think of what it takes to do a thorough job in carrying out and discharging the duties as a teacher tending to the needs of our students, we often put our focus on thorough lesson plans, innovative teaching methods, and other daily disciplines - all of which are valuable! But if our service to our students is to be successful and sustainable, we may need to focus on more than teaching skills and disciplines alone. If we are going to effectively fulfill our mission as a teacher, we must stay well ourselves, so that we can also serve well!	Ginger Hill
9:45 AM	 Well-Being Research — Stress. Healthy Living. Resilience. These three constructs are linked to the flourishing of the Christian school community, teachers, and students. We will discuss in table groups these constructs, as we share ideas regarding what is needed for a school community to truly flourish.	Dr. Lynn Swaner
10:45 AM	Morning Break	
11:15 AM	 A Conversation About Well-Being — In this podcast-style session, we will discuss how educators can successfully navigate the twists and turns of life with biblical grace to truly flourish!	Mia Mbroh
12:20 PM	 Well-Being—Eating Well in the Express Lane of Life — Well-Being can be directly linked to how we fuel our bodies. A recent study by the IFIC found that 52 percent of Americans believe that doing their annual income taxes is easier than knowing what they should and should not eat to be healthier. In this session, we will study the importance of nutritional choices in the teacher's diet that will ultimately better their ability to lead students effectively.	Ginger Hill
1:00 PM	Lunch	
2:00 PM	 No Way Through Isn't True, Carrying Hope into the Classroom or Zoom — Educators build the future and as such are carriers of hope. Hope isn't naivety, it's the healthy posture of heart that makes all learning possible. Hope is how God sees the world and it takes courage to think like Him. Hope sees the hidden potential in every child and calls it forth. It's a choice that's often hidden yet always available and it's needed now more than ever. In this session, educators will be equipped, educated, and enthused with hope. They will learn practical tools to support their students to foster resiliency in choosing hope and experience hope for themselves.	David Hill
3:15 PM	 Well-Being—What Moves you to Move — Most of us are familiar with the consequences of sedentary living. The state of our physical body has an impact on our service in the classroom. Consistent movement gives us the endurance, strength, and flexibility to serve well. But an investment in consistent movement requires time and energy, both of which are in limited supply during the school year. In this session, we will equip teachers to get in touch with internal motivators, strategies, and resources that will help make regular exercise a habit even in less-than-optimal circumstances.	Ginger Hill
3:45 PM	Closing Session- Giveaways!	

Continued on the next page

Day 2

TIME	EVENT	PRESENTER
9:00 AM	🎓 Opening Session, Well-Being–Rest — Teachers often forego rest due to the commitment to their work. Our willingness to rest is important in maintaining perseverance and efficiency in the classroom. In this session, we will focus on why rest is so important to lead well.	Ginger Hill
9:45 AM	🎓 The Six Principles for Building Post Traumatic Growth — In this session, we will turn inward to unpack the six principles for building post traumatic growth.	Rex Miller
10:30 AM	Morning Break	
11:00 AM	🎓 Engagement Session–Well-being — This interactive session will challenge participants to brainstorm how to apply concepts from Rex’s content to their own well-being.	Rex Miller
12:15 PM	🎓 Anatomy of a Healthy Habit — When it comes to health habits, whether you want to walk, run, or crawl, it’s all about small! Small habits incorporated into already existing routines pave the way towards healthy habits that support successful and sustainable work. This session will focus on helping teachers to understand the importance of focusing on health behaviors vs health outcomes and identify/leverage the three components that make up the anatomy of a health habit.	Ginger Hill
12:45 PM	Closing Session	