

Are you a K-12 Educator

feeling a little

**INSIDE
OUT?**

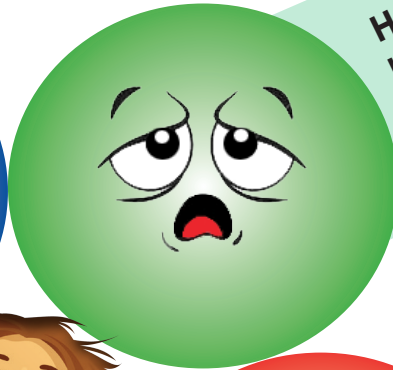
Since early 2020, schools and communities have had to constantly juggle ever-shifting expectations, conditions, and capacities.

**What are we going to
do about it?**

How do I help mitigate sadness and sense of loss?



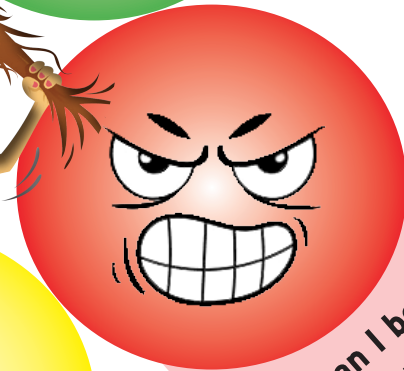
How can I not lose myself or be perpetually exhausted?



How do I stay in control, when I'm not in control, and I'm supposed to be in control?



How can I better co-regulate emotions and behaviors?



How can I revitalize joy in teaching & learning?



Get to the Educators' Confluence!

Anyone who serves K-12 students and their families — teachers, paraprofessionals, specialists, administrators, counselors (working inside or outside of schools), or supporting stakeholders — won't want to miss this highly engaging and valuable professional development event!

June 14-15, 2022

Missoula, Montana

DoubleTree by Hilton Missoula - Edgewater

LET'S JUST SAY IT: The pandemic has driven us on a perpetual roller coaster. Human systems — internal and external — are feeling frayed and disconnected. Some just want to bottle up emotions that are perceived as negative and put them on a shelf labeled, **Leave Me Alone**. As adults often tell kids, bottling up these emotions doesn't make them go away. It merely prevents us from connecting.

INSTEAD, JOIN BRIGHTWAYS at the 2022 Educators' Confluence, where we'll blend purpose with play. You'll get to actively reflect on and strengthen the connection with your emotional and neural systems that support healthy relationships. Gain insights from our facilitators and each other into how you can apply neuroscience and healthy, supportive relationship strategies in life. **Regulation plus a strong support system adds up to wellbeing!**

YOU WILL LEAVE:

- Feeling refreshed and more resilient
- Having built new — and grown existing — connections
- Better equipped to manage emotions in a healthy way
- With a fresh perspective on neuroscience and how it connects to relationships
- Understanding how to grow healthy support systems



... And have fun doing it!



What is the Educators' Confluence?

Together, we play, learn, and grow! This annual experiential event hosted in Missoula, Montana, is all about connection. Connection is about self, students, colleagues, and families within our communities. We come together from a variety of backgrounds, experiences, and roles. The knowledge in the room, our



engaging activities, and the Confluence content inspire us to reflect on how all these backgrounds, experiences, and roles ignite connection and foster wellbeing. We craft year's event to best serve what educators crave and need as they put the school year behind them and get excited for next year!



“There's always a pull to regulate, to seek comfort, to fill that reward bucket. But it turns out that the most powerful form of reward is relational. Positive interactions with people are rewarding and regulating. Without connection to the people who care for you, spend time with you, and support you, it is impossible to step away from any form of unhealthy reward and regulation.”

— Dr. Bruce Perry

Cost: \$275 — Teams of 3-5 from same district get 20% discount; 6+ get 25% discount & admin attends for free!

Earn Credits:

15 Montana OPI Renewal Units

Register: bit.ly/inside-out-2022

Content complements and amplifies Montana's Health Enhancement Standards and CASEL's five Core Competencies, along with Zones of Regulation and the PAX Good Behavior Game.



Brightways Learning