

Creative Self Nurturing for Educators and Caregivers



As educators and caregivers, our own individual needs are often overlooked as we get caught up in the busyness of our everyday lives and meeting the needs of others. The past 18 months with all the uncertainty and change has created the perfect storm for increasing levels of stress. Taking the time to rest and renew is time well spent. When we are at our best, we can give to others freely.

In this program we will dispel the myth that self-nurturing is selfish. Give yourself the gift of attending this workshop and go home with a realistic plan to prioritize your self-care. I will share some simple and effective strategies that you can begin using immediately.

Bring a pen and journal or notebook.

Date: July 22, 2021

Time: 1:30-3:30 (Until 4:00 for any participants who want to stay and work on their individual self-care plans)

My Biography:



Lynn is a certified life coach and holistic health and wellness coach as well as an experienced journal writer and workshop facilitator. She strongly believes in self-care and having a healthy lifestyle as key ingredients on our path to overall wellness and to living a healthy, happy, peaceful and balanced life. She regularly presents workshops at Wiawaka, has been a presenter at area employee wellness programs, is on the faculty at Saratoga Continuing Education and has had a monthly journal writing circle in the Glens Falls/Saratoga area. She is a member of the International Association for Journal Writing and incorporates journal writing in all her programs.