

WEBINAR SERIES

HEART & SOUL

BUILDING A BALANCED & FULFILLED PROFESSIONAL LIFE

A **FREE** THREE-PART SERIES PRESENTED BY **DR TIMOTHY D KANOLD**

Wed 14 October, 10am • Wed 11 November, 10am • Wed 18 November, 10am

Register at hbe.com.au/heartsoul

OVERVIEW



In this three-part webinar series, author and educator **Timothy D Kanold** will guide you in developing a fulfilling and well-balanced professional life.

To make deep contributions to the lives of our students, we must first embrace routines and practices that maintain and improve our professional lives. From avoiding burnout to creating moments with meaning, supporting our professional lives helps us to become more effective educators. Through his experience as an educator and leader, Tim will help you discover your “heartprint” and “soul story” to stay balanced and fulfilled in your professional life.

Heart & Soul will reaffirm or revive your passion for your profession and help you become an inspiring educator for all the students you serve.

SESSION 1

Attending to the Heart & Soul of your professional life in such a time as this!

Wednesday 14 October, 10.00–11.00 am AEDT

In this inspirational opening session, Tim describes how to use your heartprint and your soul story to avoid burnout and maintain a healthy and well-balanced professional life each day.

He describes the roles empathy and self-compassion play in our life experiences and offers suggestions for how to stay busy without being hurried.

SESSION 2

Living your life between the zeros: Finding moments of joy, gratitude and grace in the workplace!

Wednesday 11 November, 10.00–11.00 am AEDT

In this engaging session, Tim brings to life several chapters from his newest book, *SOUL!: Fulfilling the promise of your professional life* (to be published February 2021). During this session you will complete a timeline of your current professional life, target defining moments and learn how to create moments of “firsts” that allow your personal and professional life to stay fresh and move forward. As Tim often asks, ‘What are we doing, and how do we demonstrate gratitude, with each trip we take around the sun?’

SESSION 3

Thriving in community: Creating a schoolwide culture of vulnerability, belonging and validation

Wednesday 18 November, 10.00–11.00 am AEDT

At the centre of professional learning community (PLC) life is our Heart & Soul. It is the essence of all that we do. In this session you will explore the PLC process and how it creates and promotes a culture of belonging. Tim takes you on a journey beyond collegiality to a culture of vulnerability with your colleagues and ends with a classroom culture of validation, where every student understands their worth. And he reminds you, above all else, not to let your self get lost in the collaborative shuffle.

RECORDINGS

This webinar series will be recorded and made publicly available 7–14 days after its conclusion.

PLEASE NOTE

Access to Zoom may be restricted on some school computer networks, particularly the Education Queensland network. If you are having trouble registering for this event please try on a device that is not connected to your school’s network.

Should you require further assistance, please contact events@hbe.com.au