

Revitalize, relax and earn PDUs



Exploring the Art of Learning

The Teacher's Way

Workshops that balance self-care & work

Explore the Art of Learning in self-care, mentoring and leadership:

Be guided by the same principles we use as we teach young children. Use them on yourself!

1. Optimal learning takes place when individuals are relaxed and alert.
2. Take charge of your learning process using discovery-oriented hands-on activities.
3. Allow plenty of time to practice, role-play and share stories about our experiences teaching, learning and getting support.

What: Specialized teacher-training series exploring the art of learning using experienced-based practices for yourself that can be applied to your work with others.

Who: Lanie Bergin is an Oregon Registry Master Trainer. She has over 25 years teaching experience. She is an Expressive Arts educator & therapist with a unique approach to the art of learning.

***With everything you have going on,
sometimes self-care is the
last item on the list.***

***Why not carve out well-deserved time
and get some PDUs in the bargain?***

**Take advantage of our
in-service self-care workshops.
Contact: Lanie@berginlearningarts.com**

By practicing self-care, mentoring and leadership you will refine techniques for helping others, including:

- Unlocking physical and expressive possibilities in children and colleagues
- Strengthening communication skills using techniques based on empathy and compassion
- Enhancing a child's social and cognitive development using new ways of moving and interacting.

While taking care of yourself, you will explore new ways to teach others about:

- Developmental movement - body awareness and movement behaviors
- Social interaction - learn about the Social Nervous System including preverbal/nonverbal communication and body language
- Self-motivated learning and how this affects decision making actions

You will be guided through an Art-Cycle that includes progressive sequences of breathing, moving, drawing, journaling and collaborating. We will be experimenting with the kind of ideas that daily life and work do not often allow.

Visit

www.berginlearningarts.com

**...to read more about our expressive arts
research and professional development**