

**ATTENTION
CARING
PROFESSIONALS:
YOU MATTER.**

**SELF-CARE IS A
PROFESSIONAL
RESPONSIBILITY**

FREE WORKSHOP AT 3:30PM (MST)
28 OR 29 OCTOBER 2020

Join us for a powerful 90-minute session
of professional learning and healing.

Link: <http://bit.ly/SelfCareFreeWebinar>

Self-care is preservation.

Dear Colleague:

My name is Timothy (Tim) Grivois-Shah, Ed.D., and I am an educator with 17 years of classroom teaching and administrative leadership experience. Now, I support schools, organizations, and agencies to transform their vision into a professional learning program tailored to their unique goals.

All of my clients are people who work in caring professions. As leaders and practitioners in organizations that help others, their commitment to compassion, professionalism, and justice is genuine and profound. For them, knowing that their work makes a difference holds tremendous intrinsic value, and is the reason why they persist

Yet, when I check in with teachers, school leaders, police officers, physicians, nurses, community organizers, employees in nonprofits, and social workers, they tell me that they feel:

- Stressed
- Overwhelmed
- Unappreciated
- Tired

And, worst of all, I am hearing more frequently that people in these caring roles are not always sure that their work is truly helping. Now, more than ever, self-care is not simply important—it's essential.

Please join me for this free webinar at <http://bit.ly/SelfCareFreeWebinar>. Contact me at tim@tgseducationalconsulting.com or visit www.tgseducationalconsulting.com for more information.

Warmly,

Tim