This course focuses on increasing educator well-being through research-based strategies rooted in the field of positive psychology. Positive psychology is the scientific study of the strengths that enable individuals and communities to thrive. Members will learn how to increase their well-being through the principles of positive psychology.

This online course is an asynchronous learning opportunity for the members of the Illinois Education Association (IEA). Asynchronous learning opportunities do not require member participation at a set time. Access materials and interact with other members throughout each week on your schedule. The online course is a benefit of your membership to IEA so there is no additional cost to participate. The IEA is an approved Illinois professional development provider.

Dr. Diana Zaleski, IEA Instructional Resource and Professional Development Director, will facilitate this course.

Register at: https://www.cvent.com/d/7mqnbs
or scan the QR code with your smart phone's camera.

If you have questions or need assistance, please contact: Dr. Zaleski or IEA Field Associate Staff Amanda Plunkett.