

STEPHANIE BAZZELL - HEROES IN HISTORY

BEFORE

Stephanie had no blurb when she came to me, but she did give me the following synopsis ;)

A school curriculum guide. Page biography of a person then discussion questions a teacher would use to guide their students to better understand.

An hour later, we came up with that -->

AFTER

Our classrooms are more diverse than ever. Yet so many teachers struggle to prepare lessons that resonate with each of their students.

Stephanie Bazzell, esteemed educator, brings together a wide variety of historical and contemporary figures who truly reflect the students we teach.

Heroes in History offers a year's worth of thought-provoking lesson plans that critically engages your students and invites them to reflect on their own lived experiences no matter their level or age. This practical and easy to use K-12 curriculum provides teachers with the tool they need to start the conversation and establish more compassionate and empathetic classrooms.

This compact guide is essential reading for any teacher who strives for a more inclusive, equitable and culturally proficient campus.

STEPHANIE BAZZELL – A TEACHER’S GUIDE TO WELLNESS

BEFORE

This time, Stephanie gave me the following synopsis before our call:

39 wellness activities to do each week of the school year.

About fifty minutes later, we'd written the following blurb -->

AFTER

Being a teacher was never easy and their health and well-being has never been made a priority. But when Covid-19 hit, things quickly spiralled out of control.

Amidst the ensuing chaos, esteemed educator Stephanie Bazzell realised the only thing left under her control was how she looked after herself. Sharing the best self-care practices she could find with her colleagues, Bazzell not only survived but started thriving. What's more, she soon noticed how her fellow teachers were benefitting from the weekly reminder.

A Teacher's Guide to Wellness offers 39 short and simple activities that are flexible enough to do around your already busy schedule, including:

- boundary-setting,
- focusing on what's within your control,
- recognizing burn-out,
- how to sleep better,
- asking for help,
- dwelling in delight, and
- many more.

If you want to go from mere surviving to thriving too, get your copy of this short, science-based guide today. After all, the only person looking out for your health is you.