



ROOTED THROUGH *Connection*

CONNECTION AS PROTECTION AGAINST BURNOUT

Education is fundamentally relational work, and relationship is the connective tissue that sustains mental health and longevity in the profession. *Connection is the root system of resonant relationships, and resonate relationships are regenerative -- they restore energy, transmit safety, and replenish the capacity to care.* When educators become disconnected from purpose, self, or one another, stress accumulates and burnout takes hold. When connection is restored, resilience regenerates, renewal emerges, and restorative relationships begin to flow, *simultaneously* strengthening educators and the school communities they sustain.

This highly experiential professional development experience focuses on sustaining a slow burn of energy by **strengthening inner groundedness, restoring meaningful connection, and cultivating resonant relationships;**

powerful protective forces that reduce burnout risk and support long-term educator well-being during the darkest days of the school year and times of intense pressure and disconnect.

OUTCOMES

REST | DEEPEN ROOTS

Understand how connection to purpose, values, and nervous system health functions as a primary protective factor against burnout, compassion fatigue, and secondary traumatic stress.

RESTORATION | REVIVE CONNECTION

Reframe burnout, compassion fatigue, and secondary traumatic stress as signals of disconnection and mis-alignment rather than personal failure, increasing self-compassion and healing.

REVITALIZATION | STROKE RESONATE RELATIONSHIPS

Explore the Mother Tree metaphor to understand how educators sustain their own growth in order to cultivate resonant relationships -- underground networks of schools that transmit safety, strength, and resilience to support student learning and well-being.



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