



# 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 | STOKE 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.



BY DR. JEN CLIFDEN  
[WWW.DRJENCLIFDEN.COM](http://WWW.DRJENCLIFDEN.COM)