

Non-profit Effective Leadership Academy helps to inspire educators with free virtual wellness workshop

Interactive 30-minute session offers wellness tools to support better work-life balance for educators

Warrensville Heights, OH – January 15, 2021 – This February, Effective Leadership Academy (ELA) is offering a free wellness workshop called "Focusing on Life Balance," created to help educators find new ways to focus on their wellbeing and self-care.

This fast-paced, 30-minute workshop will include fun and thought-provoking activities to help educators take a deeper dive into work-life balance and be better prepared to embrace the many changes that come during these unpredictable times.

"There is an outcry from educators everywhere that they are struggling to 'switch off' and they aren't taking care of their own needs. A lot of them are too afraid to speak up about it," said ELA Founder and Executive Director Flo Brett. "Our program is geared towards helping educators take the time to reflect on their lives, open up, and gain a better understanding of what they need to feel well and supported."

"Focusing on Life Balance" is set for Monday, February 1, with the option to attend the LIVE session via Zoom at 7:30 a.m. or at 4:00 p.m. Registration is free for all district staff and PTO/PTA members. Sign up today at effectivela.org/free-pd. Those who register will receive a recording of the workshop after it is complete.

The free wellness workshop is an introduction to ELA's [U LEAD: Virtual Wellness Workshop Series](#) for school districts, businesses, and individuals. Workshop participants are encouraged to reach out to Marketing Director Faith Boone at faith@effectivela.org for more information about the full wellness series.

About Effective Leadership Academy

ELA's mission is to help people develop their most valuable asset – *themselves*. ELA is a non-profit offering programs focused on leadership and social-emotional success skills, highlighting the importance of keeping an open mind, thinking outside the box, embracing change, and developing a personal code of ethics. ELA's goal is to provide a transformational experience to inspire youth and adults to become the pilots of their own lives. ELA has 27,000+ alumni and more than 195 school and community partners. Learn more at effectivela.org

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