

# Webinar

# Reflection

# Guide

Learning Forward supports and designs collaborative professional learning for all educators. Collaborative professional learning strengthens practice and ultimately improves student outcomes. This reflection guide is available to Learning Forward members to encourage educator teams to build on and enhance learning derived from our webinars.

**As you watch the webinar, use this reflection guide as a notetaker and write down thoughts and questions that stemmed from the webinar that you want to bring back to your team.**



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**Below are reflection questions to deepen your learning.**

What is your understanding of your own wellness needs? Is there a particular dimension that you address more than others? What could be some of the reasons you are more attuned to that dimension?

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How can a social, emotional, and cultural lens help you feel in control in the classroom?

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What stressors do minoritized teachers in your school (you and/or colleagues) experience more than white teachers?

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Can you identify specific barriers within your own life that prohibit your ability to address your wellness?

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How can a social, emotional, and cultural lens help you meet the needs of all students?

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How can you bring those stresses more into consciousness – your own and/ or colleagues’?

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