

**Korea TESOL: Daejeon-Chungcheong Chapter
2021 November Symposium**

**REBUILDING AND MAINTAINING
TEACHER WELLBEING**

Curtis Kelly



PLENARY SPEAKER

**WHY TEACHING IS SO STRESSFUL
AND WHAT TO DO ABOUT IT**

1:30 - 2:30

Korea TESOL: Daejeon-Chungcheong Chapter
2021 November Symposium

REBUILDING AND MAINTAINING
TEACHER WELLBEING

Zoom Room A



Rakesh Lazar

LEANING INTO DISCOMFORT

3:00 - 3:45



Dawn Wheeler

MY NOURISHING LIFE

4:00 - 4:45



Katherine Scott

TIME MANAGEMENT

5:00 - 5:45

Korea TESOL: Daejeon-Chungcheong Chapter 2021 November Symposium

REBUILDING AND MAINTAINING TEACHER WELLBEING

Zoom Room B



Silas Harper Bray

HIIT FITNESS FOR BEGINNERS

3:00 - 3:45



Petra Glitheroe-
Baldwin

UNRAVEL THE DESK SLOUCH:

YOGA FOR BEGINNERS

4:00 - 4:45



Petra Glitheroe-
Baldwin

TIME OUT FOR TEACHERS:

MEDITATION FOR BEGINNERS

5:00 - 5:45

TIME:

SATURDAY
NOVEMBER 27TH, 2021
1 PM - 6 PM

REGISTRATION:

[TINYURL.COM/DCC21SYMPOSIUM](https://tinyurl.com/dcc21symposium)

koreatesol.org/daejeon

