



**The New England Regional Collaborative of Leaders Presents:
A School Leader's Road to Wellness:
Escape, Connect, Renew**

Friday, November 4th-Saturday, November 5th 2022

Hosted by Nature's Classroom's Freedom site located in Ossipee, New Hampshire

School leaders are always taking care of their staff, students and families. Often, last on their list of priorities is themselves. Nobody knows this better than your association leaders that watch you tirelessly support the communities you serve. This is why your association leaders have come together to offer this dynamic professional learning and rejuvenation opportunity.

Professional learning opportunities will include: Keynote by, Dr. Joelle van Lent, clinical psychologist, and trauma specialist. Sarah Sherman, from the University of New Hampshire, will lead a session about the science behind toxic stress and how to reflect on our default responses to stress, so we can better plan ways to self-preserve and set boundaries in order to take care of ourselves, and rebuild our schools, post-pandemic, in ways that are sustainable. Wellness activities will include: team building, meditation, yoga, daytime and evening hikes, and other social networking opportunities.

During this overnight retreat, you will be afforded multiple opportunities to connect with other leaders from New Hampshire, Vermont, Maine, Massachusetts, Connecticut, and Rhode Island. We hope hearing from other leaders across borders can offer you new perspectives, a sense of connectedness and validation that we are all dealing with the same stressors in our role as school leaders.

We guarantee that attendees will find a renewed sense of purpose after spending time learning from and getting to know their New England colleagues in a beautiful retreat setting on Lake Ossipee, in Freedom, NH.

We hope you will join us for the first of its kind collaborative retreat:
[A School Leader's Road to Wellness: Escape, Connect, Renew](#)

Due to the limited number of cabins, we anticipate this event will fill up quickly.

[Click Here to Register Today!](#)

Cost for respective association members: \$225.00

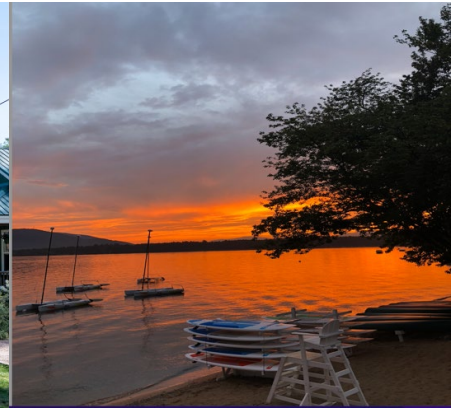
Cost for non-members: \$300.00

Cost of event includes the following:

Food, accommodations (including bed linens/towels), all professional learning, wellness, and social networking activities



Retreat Cabins



Lake Ossipee

**This event hosted by NHASP's valued business partners at
Nature's Classroom Freedom site, in Ossipee, NH**

www.naturesclassrooms.com

