



*Teachers of English to
Speakers of Other Languages
TESOL Italy*

An Affiliate of TESOL International

a Boncompagni 2, 00187 Roma - www.tesolitaly.org tesolitaly@gmail.com

TESOL ITALY TRIESTE Local Group

cordially invites you to the Free Workshop:

*A Teacher's Tool Kit: Developing Resources for Support,
Inspiration and Resilience*

hosted by

Associazione Italo Americana FVG / American Corner Trieste

Wednesday, March 13, 2019, 18:15-19:45

Piazza Sant'Antonio Nuovo, 6 – Trieste

It's easy to become frustrated, burned out and weighed down when the institutions we work for fail to provide the support, interventions and resources we need to stay inspired and energized. Teaching, like other care-giving professions, requires that that we develop the inner resources, and external support, to more easily meet life's challenges, so we, and our students, can flourish. Join Theresa Conti, Certified Stress Management and Life Balance Coach, for this month's program, where you will:

- Learn two simple techniques to reduce your stress and regain your balance
- Generate support, and
- Learn a 4-step process for developing inner resilience

Theresa Conti is a Certified Life Coach, Workshop Facilitator and Author. Her publications include *I Am the Treasure*, a little book of inspiration poetry, and *Alphabet Affirmations: Transform Your Life and Love Yourself*, a transformative book of affirmations based on the letters of the alphabet to help readers grow key inner strengths, such as love, self-worth and confidence. With more than 25 years' experience, Theresa specializes in helping her clients manage their stress, realize their dreams, and create healthier, happier, more fulfilling lives.

Register to Participate at this link:

[Teacher's Tool Kit: Developing Resources for Support, Inspiration and Resilience](#)

The deadline for registration is: Wednesday, March 13, 2019

For additional information:

Janine Sprague Zolle, Trieste local group coordinator tesolitalytrieste@gmail.com

The event is open to TESOL Italy members. For those who are not TESOL Italy members for the current year, a **free one-time provisional membership card** will be issued. Conditions of this card will be explained onsite by the local group coordinator. All participants will receive a certificate of attendance.*

*TESOL Italy (con i suoi gruppi locali) è riconosciuta come Ente qualificato alla formazione e all'aggiornamento per insegnanti di lingua inglese nelle scuole di ogni ordine e grado – **Autorizzazione MIUR, Direttiva 170/2016**