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Laurier to show appreciation for educators with online event focused on self-compassion and resiliency

WATERLOO – Wilfrid Laurier University’s Faculty of Education, Alumni Association and Faculty of Education external advancement committee will co-host Supporting Self-Compassion and Building Resiliency for Teachers, an online event designed to show appreciation for the work of teachers, on April 22 at 7 p.m.

The event is a follow-up to Laurier’s [Homeroom Heroes campaign](#), which saw alumni educators recognized throughout the fall on social media. Supporting Self Compassion and Building Resiliency for Teachers is being held to show support for educators navigating the challenges of teaching during the COVID-19 pandemic. The event, to be hosted on Zoom, is free and open to the public, but [registration is required](#).

“It is our privilege to honour teachers with this Homeroom Heroes celebration and offer this opportunity in support of self-compassion and building resiliency for all educators,” said Maria Cantalini-Williams, dean of Laurier’s Faculty of Education. “This past year, we have seen the exemplary traits of teachers.”

Keynote speaker Assistant Professor Carolyn FitzGerald will discuss re-envisioning an “ethic of care” to include educators and how this re-envisioning might benefit stakeholders within the education system as a whole. FitzGerald’s current research examines ways in which prospective and current educators can be offered effective programs to support well-being in schools.

Cantalini-Williams will host Supporting Self-Compassion and Building Resiliency for Teachers, which will also include members of Laurier’s Faculty of Education external advancement committee, including Gary Slater, superintendent of education with the Upper Grand District School Board, and Paul Smith, a principal with the Waterloo Catholic District School Board.

“Throughout this pandemic, our support staff, custodians, administrators and teachers have done an incredible job looking after the well-being and needs of our students,” said Smith. “Their creativity and courage during this challenging time has truly been inspiring.”

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