Pre-Event Workshop #2

Atlanta, Georgia

Thursday, February 18, 2027

1:00 PM - 4:00 PM EST

Cost: $75.00

The Well Faculty: Prioritizing Educator Wellness to Enhance Student Success

DESCRIPTION

Heather invites fellow educators to reflect on the condition of their own well and discover practical ways to replenish it. Together, participants will explore how investing in personal wellness is not an act of selfishness but one of stewardship—creating the capacity to teach, lead, and serve with greater joy, resilience, and purpose.

Let's learn together how to thrive as educators by first tending to the well within.

Workshop Facilitators/Presenters:

Heather K. Dillard is a former middle and high school Social Studies teacher who currently serves as a Professor at Middle Tennessee State University. Over her 30-year career in education, she has discovered that a passion for serving others is only sustainable when it flows from a healthy source.

Growing up on a farm in Tennessee, Heather's grandparents only source of water was a fresh water well. A bucket of cool water sat in their kitchen, and after long afternoons of playing outside, the grandchildren would gather around with a simple tin ladle waiting their turn to take a drink. The water was always cool, refreshing, and abundant—but only because the well itself was continually replenished.

That childhood memory has become a powerful reminder of life as an educator. We are constantly drawing from our own wells to teach, mentor, encourage, and support our students. When our physical, emotional, social, and spiritual reserves run dry, we have little left to offer those who depend on us.