

Customize Your Self-Care Professional Learning Plan

Directions: Below is a list of the trainings that are available as part of this professional learning series. Identify if each training should be included or excluded in your professional learning (PL) plan based on current readiness and skill level. Record the date that each of the trainings is complete. While the trainings can be completed in any order, a recommended order is provided. Click on the titles listed in the "Training Topic" column to access the trainings. Recommended prerequisites for some trainings are listed. The recommended audience varies for each module. Note which training topics are relevant for administrators (ADMIN), school counselors (SC), school nurses (SN), school psychologists (SP), and teachers (TEACH). For more information, review the professional learning [FAQs](#).

Include in PL Plan?	Date Complete	Recommended Order	Training Topic <i>(click on the topic below to open the training in your browser)</i>	Recommended Prerequisites	Recommended Audience				
					ADMIN	SC	SN	SP	TEACH
		1	Burnout and Compassion Fatigue	-	•	•	•	•	•
		2	Personal Self-Care	-	•	•	•	•	•
		3	Professional Self-Care	-	•	•	•	•	•
		4	Mindfulness	-	•	•	•	•	•
		5	Social Media Use	-	•	•	•	•	•