



Micro-Practices, Meaningful Impact: Practical Tools for Well-Being and Resilient School Communities

Who: Heads of School, Division Heads, Counselors, and Dean of Students

Presenter: Molly Woodhull

When: Tuesday, September 22nd from 9:00 a.m. to 10:00 a.m.

Where: Virtual on Zoom

Register [HERE](#)

The slide deck and recording will be available to registrants after each webinar

Session Description:

This interactive lunch-and-learn introduces simple, evidence-based wellness practices that educators, administrators, and school leaders can integrate into their workdays and classrooms. Participants will learn practical tools for nervous system regulation, stress management, strengthening focus, preventing burnout, and leading with greater clarity! Ultimately, this helps create healthier, more resilient school communities! Join us!

About Molly Woodhull:



Molly Woodhull is a leading voice in corporate wellness, specializing in science-backed mindfulness strategies that drive employee engagement, retention, and productivity. As the founder and CEO of Woodhull Wellness, she has helped top organizations integrate well-being into workplace culture—leading to measurable improvements in mental health, stress management, and team performance. With a Bachelor of Science from the University of Denver, Molly has furthered her expertise with certifications from Duke University's Center for Koru Mindfulness, MindfulnessBased Stress Reduction Training, Compassion and Cultivation Training from Stanford University, and the Innovation and Disruption Lab from Harvard University. Since founding Woodhull Wellness in 2017, she has partnered with organizations across industries to enhance employee well-being.

**Free for those schools who purchased a speaker series subscription
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