



Cultivating the Sacred Well of Resilience

A four-session program for educators and those whose primary spiritual practice is caring for children

Join educators Jackie Smith and Sara Ford for a four-month series designed to cultivate resilience and well-being in the lives of educators. Rooted in care, connection, and community, this course is ideal for anyone seeking greater clarity, balance, and sustainability in their work. Whether you're in your first years of teaching, mid-career, or approaching retirement, developing habits that support well-being—both at school and at home—can help sustain the joy and purpose of teaching in an increasingly complex world.



September 2025

We will pause to reflect, identify core values, and begin building a shared well of strategies to support personal and professional sustainability.



October 2025

We will focus on resilience by examining our stories and patterns, challenging unhelpful narratives, and strengthening an inner voice grounded in clarity, compassion, and confidence.



November 2025

We will explore research-based practices and practical tools for sustaining joy, creativity, and connection, building resilience together through shared purpose and intentional care.



December 2025

In our final session, we will craft personal resilience plans, celebrate growth, and step into the new year with clarity, hope, and renewed energy.

Location: Anderson Library at Unity Church
(733 Portland Ave. in St. Paul) No registration
required. All sessions start at 7 p.m.
Questions? jackiesmith913@gmail.com

- September 17
- October 22
- November 19
- December 10

“Resilience is not a magical elixir that will eliminate all of the physical, emotional, or cognitive demands of teaching, but resilience can substantially and dramatically increase our ability to manage the daily stressors and rebound from inevitable setbacks.

– Elena Aguilar