



# INSPIRED

## Course Outline

### Module 1: Inner Glow Up

- ☐ Gratitude
- ☐ Anticipation
- ☐ Favorites
- ☐ Let it Go
- ☐ Shifting Perspectives

### Module 2: Boost Your Classroom Practices

- ☐ Shifting Perspectives Part II
- ☐ Celebrate and Appreciate
- ☐ Mindful Practices
- ☐ Building Relationships and Community

### Module 3: Find Your Inspo

- ☐ Get Connected
- ☐ Get Yo'self a Mentor
- ☐ Get Educated
- ☐ Have Fun