



Oakland Unified School District

Board of Education
1011 Union Street, #940
Oakland, CA 94607
(510) 879-1944
boe@ousd.org E-Mail
<http://www.ousd.org>

Legislation Text

File #: 17-0984, **Version:** 1

Ratification by the Board of Education of a Professional Services Contract between the District and The Teaching Well, Sonoma CA, for the latter to provide two workshops; Wellness Professional Development Workshop - Strengths Development and Sustainable Resourcing, a 3-hour workshop that focuses on teachers balance, as described herein; a Wellness Professional Development Workshop - Stress Resilience Tools a 2-hour workshop that focuses on stress resilience; staff will reflect on their own stressors and will learn more about the biology of stress through the lens of teaching and Mindful Mentoring, for up to six staff throughout the year, two sessions per month during free period (2nd and 4th Tuesdays), as described herein, at Greenleaf Elementary School, for the term October 4, 2016 through June 9, 2017, in an amount not to exceed \$2,000.00.