GST Teacher Center
fall 2026

empowering teachers, impacting students

Here are a few reminders :

Please follow your district's protocol when registering for workshops. Completion of a Teacher Center workshop entitles the participant to CTLE credit only; the GST Teacher Center is not responsible for any compensation participants may be due from their district.

Interested in National Board Certification?

The Teacher Center provides personalized assistance if you are interested in National Board Certification. We can connect you to NBC mentors who can answer your questions and guide you through the process if you choose to pursue. IIn addition, financial assistance is available if you do not qualify for the Shanker Grant.

If you have questions or would like more information please email me at sharris@gstboces.org; I can connect you to local educators who have successfully completed their certification!

Register via Frontline

Please use the links provided in the workshop descriptions to register. Some workshops require one registration; for others you will need to register for each session. Please read workshop descriptions carefully.

Book Giveaway

Our bookshelves are overflowing and we'd love to get these titles into your hands...free!

Click the link to see what's available:

https://forms.gle/HRM2nrVaL7ujcWo3A

Reminder

In an effort to better serve you, we have updated our website address. You can now find us at www.gstteachercenter.com.

Click here to see our entire catalog!

ASYNCHRONOUS WORKSHOPS

USING DATA TO UNDERSTAND COMPASSION FATIGUE IN EDUCATION

15 hours, begins 10/1 with Mykal Karl
This course will help educators better understand compassion fatigue and its related components: compassion satisfaction, burnout, and secondary traumatic stress. Participants will use the Professional Quality of Life Scale (ProQOL), current research, videos, readings, reflection, and peer discussion to examine how the emotional demands of educational work affect professional well-being. The course also explores emotional labor, resilience, and school-based supports, helping educators recognize patterns in their own experience and identify realistic, sustainable ways to respond.

STRONG GROUND

15 hours, begins 11/2 with Mykal Karl
Drawing on Brené Brown's research on vulnerability, courage, leadership, and belonging—alongside poetry, case studies, and contemporary voices—the course supports educators in developing the internal steadiness required to lead, teach, and relate with integrity. Participants will examine how clarity, presence, and emotional regulation shape decision-making, culture, and resilience in educational spaces.

THE COURAGE TO BE DISLIKED

15 hours, begins 11/2 with Mykal Karl
Through guided reading, reflective inquiry, and application-based activities, educators examine how concepts such as task separation, contribution over recognition, and living in the present intersect with emotional labor, burnout, and educator identity. The course supports participants in developing healthier boundaries, greater self-trust, and a more sustainable relationship to work—without disengagement, apathy, or isolation.

AMPLIFY STUDENT VOICES

15 hours begins 11/9 with Stacie Harris
K-12 educators will explore practical strategies for elevating student perspectives, strengthening student engagement, and fostering meaningful partnerships in learning. Participants will reflect on their current practices and consider ways to create more inclusive, responsive classrooms and schools where students have authentic opportunities to influence their learning experiences. Through independent reading, reflection, and application activities, educators will develop actionable ideas they can bring directly into their professional practice.

Empowered Educator

with Jen Rafferty

Empowered Educator® elevates the teaching experience by prioritizing educator well-being, resilience, and professional growth to create thriving school communities.

Please register for courses in the ordere listed; **you may take one workshop per semester.** EE will verify your eligibility before the workshop begins.

Thrive 1 (15 hours)--starts October 1

THRIVE is a self-paced course designed to help educators break free from burnout, build emotional resilience, and reclaim their joy. Find your footing, feel like yourself again, and build a foundation for sustainable teaching.

Thrive 2 (15 hours)--starts October 1

This self-paced course guides you to step into your full power as an educator, creating balance, confidence, and lasting impact. You **must complete** Thrive 1 **before enrolling** in Thrive 2.

Redesign Your Mind 1 (15 hours)--starts October 5

Mondays 10/5-12/10 (7:00pm)

Thrive helped you remember your power. You've started to shift old habits, quiet the noise, and reclaim your energy. But deep down, you know there's another level waiting —the version of you that doesn't just talk about change but truly lives it.

Redesign Your Mind 2 (15 hours)--starts October 20

Tuesdays 10/20-11/24 (7:00pm)

A hybrid online group program for educators that teaches you how to apply everything you what know into who you embody every day. You **must complete** Redesign Your Mind 1 **before enrolling** in Redesign Your Mind 2.

GREATER SOUTHERN TIER TEACHER CENTER

SYNCHRONOUS WORKSHOPS

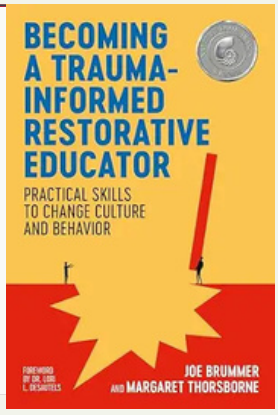
BUILDING CONNECTION THROUGH MOVEMENT

Monday September 28 (4-5:30pm) with Nick Kline
Teaching is an adventure--nurture your inner hero! This workshop is more than just fun and games. We will focus on building connections within your classroom and school. Participants will leave with practical, ready to use activities for small spaces...perfect for classrooms! Get ready to be inspired with activities that foster cooperation, communication, and collaboration!

BECOMING A TRAUMA-INFORMED RESTORATIVE EDUCATOR

9 hours, Wednesdays 9/30-11/4 (4-5:30pm) with Richelle Riina

This book study examines the values, ideas, and neuroscience behind trauma-informed restorative practice and its proven effectiveness. Explore the key theories relating to shame, trauma, and the autonomic nervous system, and how how to apply this knowledge in practice.



WINTER WONDERLAND: ACTIVE STRATEGIES FOR THE HOLIDAY SEASON

Monday November 9 (4-5:30pm) with Nick Kline
Bring the magic of the season to your classroom with winter-themed activities that spark joy, creativity, and active learning. Participants will engage in ready to use experiences that foster collaboration, imagination, and connection, making learning more dynamic and memorable. Whether used as energizers, transitions, or integrated lessons, these strategies fit seamlessly into any classroom and subject area.

THE SCIENCE OF READING

The Science of Reading: A Practical Approach for Educators is a foundational professional learning course grounded in established and current reading research. It is designed to support the development and reinforcement of critical reading skills across grade levels and provides educators with research-based strategies to inform literacy instruction, and is approved and aligned with the NYS Education Department.

REGISTER NOW!

- **Designed for elementary teachers, literacy coaches, special education professionals, and administrators**
- **Research-Based Literacy Instruction**
- **Practical Classroom Strategies**
- **Flexible, Blended Learning**--this course offers a combination of live interactive sessions and self-paced modules to fit into your busy schedule
- **30 CTLE hours**
- **Online live sessions meet Tuesdays from 4-6pm, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22**

Early Learning Communities

please register for each session individually

Pre-K Network

Jessica Kittle

Thursdays 4-6pm--10/8, 11/12, 12/10, 1/14, 2/11, 3/11, 4/15, 5/13
Bush Building 1 / Addison

Come join in with a group of pre-k teachers for sharing and collaboration. We will share ideas on lesson planning, engaging activities, and classroom management. Throughout the year we will create make and takes in different academic areas to bring back and use in your classroom.
We will also be listening to and discussing an early childhood podcast each month.

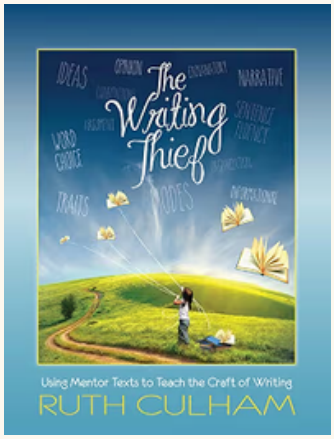
This workshop offers a Zoom location in Addison.

Kindergarten Network

Shari Knight

Thursdays 4-6pm-10/8, 11/12, 12/10, 1/14, 2/11, 3/11, 4/15, 5/13
Bush Building 1

Join your grade-level colleagues from around the region to share with and learn from! We will be meeting in various classrooms for hands on learning and we'll explore and discuss popular kindergarten podcasts.



1st/2nd Grade Network

Brad McKinney and Cece Peterson

Thursdays 4-6pm-10/15, 11/19, 12/17, 1/21, 2/11, 3/18, 4/15, 5/20
Bush Building 1

The primary goal of the 1st/2nd Grade Network is to foster collaboration. These monthly sessions allow teachers to pool expertise, align curriculum, and share effective instructional strategies. Together we will explore *The Writing Thief*, by Ruth Culham, and learn how to use children's literature as mentor texts, showing students how to "steal" structural styles and techniques to elevate their own writing.

Learn more here: https://youtu.be/f5fvWh9viRs

3rd-5th Grade Network

Anne Walters

Thursday 4-6pm-10/8, 11/12, 12/10, 1/14, 2/11, 3/11, 4/15, 5/13
Bush Building 1

Join 3rd-5th grade teachers from all over the GST region to come together to share ideas, problem solve and support each other in the issues impacting us.

This year we will meet in various classrooms around the region to see how our colleagues organize and manage their rooms. Within our time, we will discuss topics including standards based grading, using Thinking Groups, differentiation and extension, executive functioning, family responsibility, goal setting and inclusion.

Come join us! Share your knowledge, learn from your colleagues and build community.

2026-2027 TTOSA Workshops

October 17, 2026

MARÍA VANESA UTZ

FROM THE CONCRETE TO THE ABSTRACT

February 6, 2027

KRIS GILBERT

TECH & UKE: SO HAPPY TOGETHER

ORFF THE HOOK: POP, PLAY, & PERFORM!

March 20, 2027

ROB AMCHIN

ORFF IN ELEMENTARY

*SPECIFIC TOPICS TBD

All workshops held 9am-1pm at Butler Music Center, Mansfield University

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$60: Full Year Membership to TTOSA
$20 discount with proof of your AOSA membership
Student TTOSA and AOSA Memberships are FREE
$35: One-Time Workshop Fee, Non-Member
$10: Region V Reciprocity
For more information: SITES.GOOGLE.COM/VIEW/TTOSA/MEMBERSHIP