

Educate and Exhale: A Virtual Wellness Conference for Educators

Wellness Tools for Resilient and Empowered Educators

CHICAGO, IL, UNITED STATES, September 2, 2025 /EINPresswire.com/ -- Educate and Exhale: A Virtual [Wellness Conference](#) for Educators is on October 25, 2025

“

Educators pour so much into others—they deserve a day designed to pour back into them. This conference is about giving educators the tools, space, and support to breathe, reset, and thrive.”

Cassandra Washington

With educator stress and burnout at an all-time high, a first-of-its-kind virtual event offers teachers, administrators, and school staff a chance to pause, restore, and reimagine wellness. Educate and Exhale: Wellness Tools for Resilient, Empowered Educators will take place Saturday, October 25, 2025, from 10:00 AM to 5:00 PM CST on Zoom.

Hosted by Teach and Take Time for You, Synergy Oasis, and partners, this one-day immersive conference is designed by educators, for educators to address the mental,

emotional, physical, and social challenges of today's school environment.

“Educators pour so much into others—they deserve a day designed to pour back into them,” said Cassandra Washington, Founder of Educate & Exhale. “This conference is about giving educators the tools, space, and support to breathe, reset, and thrive.”

A Wellness-Centered Agenda

Grounded in the Eight Dimensions of Wellness—emotional, physical, intellectual, social, spiritual, environmental, financial, and occupational—the conference will feature:

- Whole & Well: The Eight Dimensions of [Educator Wellness](#) with Cassandra Washington
- Boundaries That Build: Saying No to Burnout with Christina Montgomery
- Food Truth or Consequences with wellness expert Kristy Dotson
- Know Your Capacity: The Power of Check-Ins with Counselor Quanesha Johnson

-You Are Not Alone: Building Your Wellness Support System with Danna Thomas (Happy Teacher Revolution)

-Secure the Bag, Sustain the Mission with Shawnee Barlow

-Stretch, Strengthen & Sustain: Yoga for the Classroom Warrior with Dominique Cook

-Wellness in the Classroom: Simple Strategies to Feel Better with Shelly Glass

The day will include interactive breakout sessions, a Wellness & Vendor Fair, raffle prizes, and a restorative closing session: Exhale Together.

Audience & Impact

The event expects to welcome 60–100 educators nationwide, including classroom teachers, counselors, administrators, and instructional coaches. Attendees will also be able to earn CPDU or CE Credits, connect with like-minded peers, and build a personalized wellness toolkit to sustain them throughout the school year.

Registration & Sponsorship

Early bird registration is now open at www.teachandtaketime4u.com. Sponsorship opportunities are also available for organizations seeking to support educator wellness and showcase their products or services to a highly engaged audience.

Event Details:

Date: October 25, 2025

Time: 10:00 AM – 5:00 PM CST

Location: Virtual | Zoom

Registration: www.teachandtaketime4u.com

Media Contact:

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□ www.teachandtaketime4u.com

Cassandra Washington



Wellness Tools for Resilient, Empowered Educators

A Virtual Conference for Educators
Saturday, October 25, 2025
CPDU Credits are Available



www.teachandtaketime4u.com

Gain wellness tools, tips, and strategies to reduce stress and burnout.

Teach and Take Time for You

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