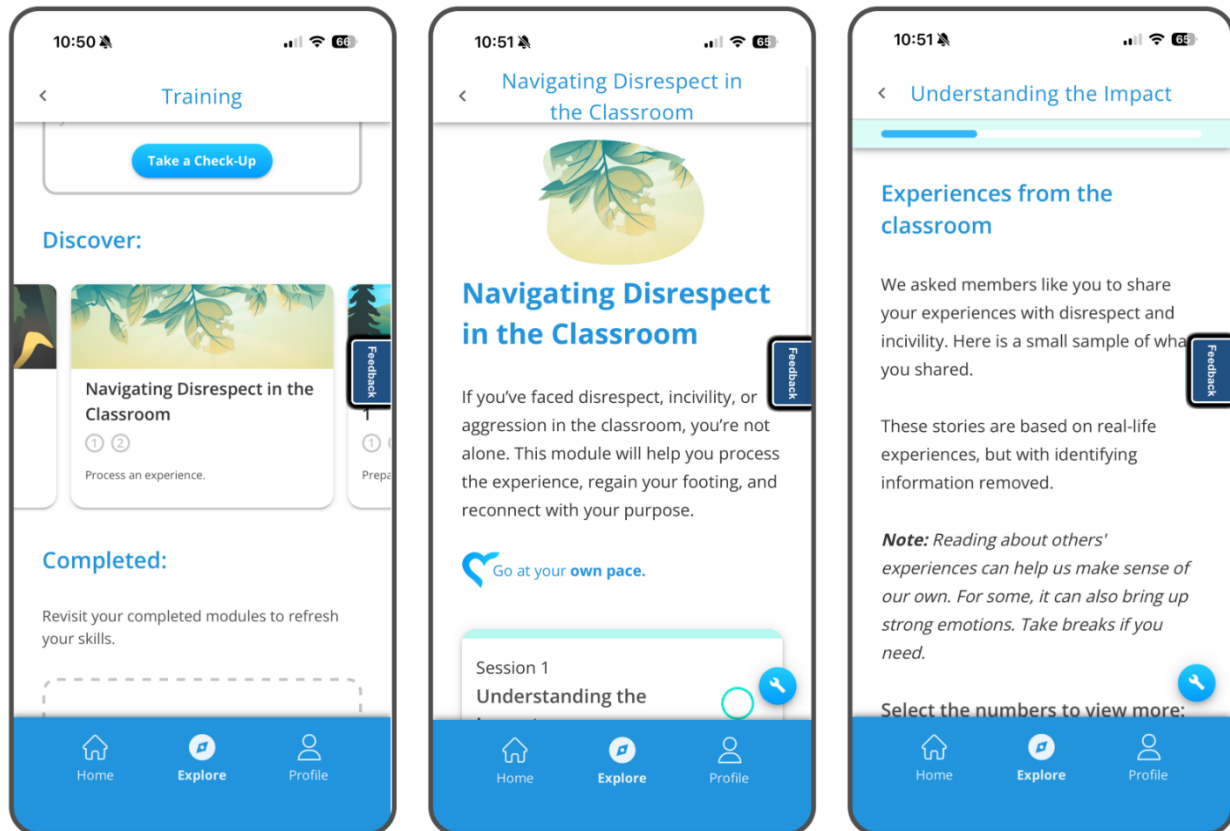




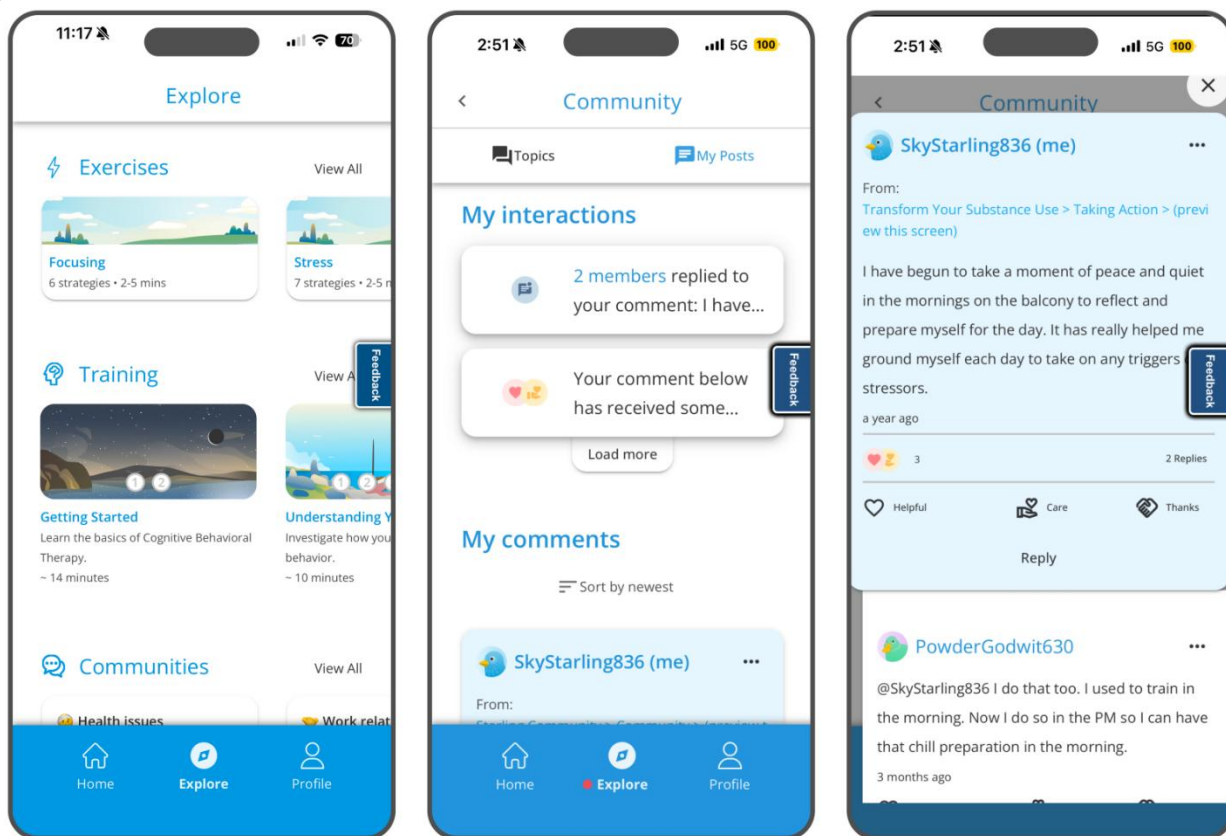
New Mini-Module: Navigating Disrespect in the Classroom

Experiencing disrespect and incivility in the classroom can be challenging and emotionally draining. To support educators and administrators through these experiences, we've created ***Navigating Disrespect in the Classroom***, a short module designed to help you process your emotions, set boundaries, and regain calm and confidence.

This supportive and safe space will help you:

- Process difficult experiences (students, parents or colleagues)
- Understand and regulate emotional responses
- Rebuild a sense of calm, confidence, and purpose

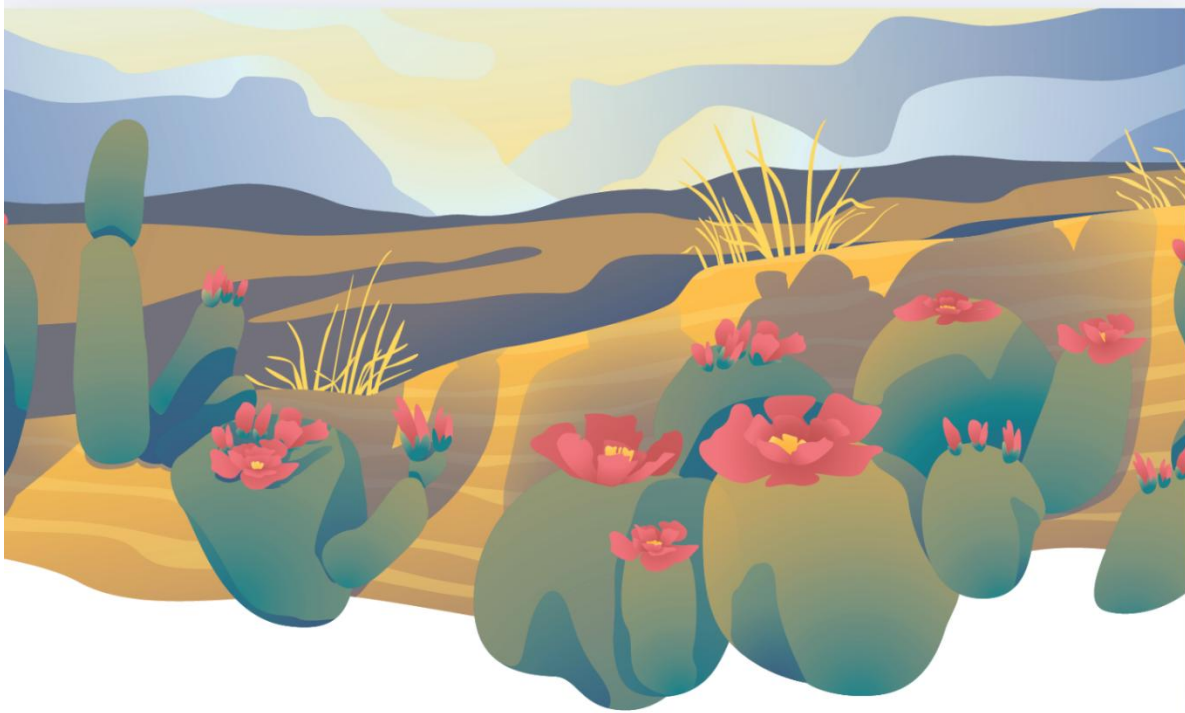
Explore our new module! → [\[Log in to Starling Minds\]](#)



New! Interactions in the Community

Now it's easier than ever to stay close to the conversations that matter most. You'll find all your interactions, posts, and replies right at the top of your community page, under **"My Posts."** This way, you can return, reflect, and reconnect anytime you need.

Explore your interactions→ [\[Log in to Starling Minds\]](#)



Anxiety & Burnout Workshop Recordings Now Available

The **Anxiety & Burnout** two-part workshop series is now available in your program!

Join **Mindfulness Advisor Tara Achkar** and **Clinical Psychologist Dr. Kayleigh-Ann Clegg** as they share practical tools, strategies, and mindfulness practices to reduce shame, ease anxiety, and find balance in the face of burnout and perfectionism.

Log in to Starling → [\[Watch Recordings\]](#)

Got questions? Reach out to our dedicated support at members@starlingminds.com

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