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BE WELL to Learn

EDUCATION

HEALTH & WELLNESS COACH

AFPA, 2022

HOLISTIC NUTRITIONIST

AFPA, 2019

STUDENTS WITH DISABILITIES

Buffalo State College, 2016

ED. M. EARLY CHILD./CHILDHOOD

University at Buffalo, 2013

BFA THEATRE PERFORMANCE

University at Buffalo, 2010

Stephanie Genco (or as many of her favorite humans call her, Ms. G!) is an educational speaker, workshop facilitator, & consultant.

She has merged over a decade in education, a decade in theater, & a passion for wellness to develop a strong two-part mission:

1. to help teachers improve their own health & self-care habits so they can support students with energy, patience, & empathy, and
2. to guide them to create a positive, collaborative classroom culture where all students know they matter.

KEYNOTES

WELLNESS WARRIORS: Educators are often unsung heroes, tirelessly dedicating themselves to their students' growth. Prioritizing personal health & wellness is essential for sustaining this noble mission! Stephanie shares insights & practical tips for educators to integrate wellness practices into their daily routines, empowering them to model healthy behaviors & create a ripple effect of well-being in their classrooms.

THE ART OF CLASSROOM CULTURE: The culture you create plays a pivotal role in shaping students' emotional well-being & behavior. In this keynote, Stephanie combines theater techniques & educational practices to guide educators in fostering nurturing environments & creating classroom stages where every student feels seen, heard, & supported.

WORKSHOPS

BUILDING RESILIENCE: SELF-CARE PRACTICES FOR TEACHERS

Learn essential self-care practices to enhance teacher well-being & professional effectiveness. Participants will explore the importance of self-care, learn practical strategies for physical, emotional, social, & mental well-being, & begin to develop a personalized self-care plan. Teachers will take away the tools to integrate self-care into their personal lives!

MINDFUL MOMENTS: EMBEDDING SELF-CARE PRACTICES IN CLASSROOM ROUTINES

Delve into the integration of mindfulness & self-care practices into the daily rhythm of classroom life. Participants will uncover actionable strategies to weave moments of mindfulness into everyday routines, fostering resilience, managing stress, & nurturing emotional well-being for both teachers & students alike.

MANAGING BIG EMOTIONS IN YOUR ELEMENTARY CLASSROOM

Expand your classroom strategies for supporting social-emotional learning & create a concrete plan for how you'll foster a positive & supportive environment for both yourself & your students. Learn techniques to develop teachers' own emotional intelligence & foster meaningful connections with their students. Participants will also explore the impact of language on student support, validation, & de-escalation to promote positive behavior & improved classroom management.

CREATING A CULTURE OF COLLABORATION & EMPATHY THROUGH DRAMATIC ARTS

Leveraging Stephanie's background in theater, this workshop introduces educators to creative ways of using drama to engage students & build a positive classroom culture. Participants will learn how to integrate role-play, improvisation, stories, & more into their toolkit to promote empathy, communication, & collaboration.