

*The Office for Catholic Schools Presents:*

# Managing Stressed-Based Reactions in Catholic Schools



Courtney Caldwell  
The Henley Leadership  
Group

**In this 4th PD offering from OCS, we are excited to learn how to best support our Catholic school educators in navigating unexpected challenges with resilience and insight**

## **DETAILS:**

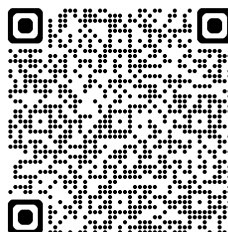
Educators often encounter unexpected challenges that disrupt their day — an unanticipated email, the need to repeat instructions multiple times, or learning about next year's teaching assignment and feeling less than enthusiastic. These moments can leave individuals feeling "thrown," a state that is becoming increasingly common, especially during high-stress times of the year.

Yet, these instances of being thrown present an opportunity to gain valuable insight into personal responses under pressure. Understanding when and why these reactions arise fosters greater self-awareness, enhances emotional intelligence, and strengthens personal accountability. By recognizing these triggers, individuals gain the ability to pause, assess, and intentionally choose their response, cultivating a sense of steadiness even in challenging circumstances.

On Wednesday, **March 26th**, Courtney Caldwell from the Henley Leadership Group — a former teacher and administrator in the Archdiocese of Seattle — will lead a session on identifying and managing stress-based reactions with compassion, humor, and kindness. This conversation will offer practical strategies to navigate stress while continuing the meaningful work of serving Catholic school students and the broader faith community.

- **When:** Wednesday, March 26th 3:30-4:30pm
- **Where:** ZOOM (link provided with registration)
- **Who Should Attend:** All educators interested in self-care and strategies for managing this challenging part of the school year!
- **How Much:** FREE + clock hours (participants must register to receive credit)

**REGISTER HERE: [OCS Presents PD#4: Registration](#)**



In a spirit of communion, solidarity and subsidiarity, the Office for Catholic Schools provides high quality professional development, resources, and best practices to expand the evangelizing mission of our Church as we help one another form the school leaders God has designed for our time.