

Thank you for joining us for today's webinar. It will begin at 9:00 Pacific time.

In order to make this run as smoothly as possible, here are a few pointers:

- Please make sure you are **muted** unless you've been specially called on to speak.
- **Introduce yourself** in the chat: What is your name, where and what do you teach?
- Feel free to post your **questions or comments in the Q&A** and we will address them as we are able.

A photograph of Lesley Moffat, a woman with short brown hair, smiling and wearing a black sleeveless top. She is holding a white baton in her hands.

TODAY'S HOST:

LESLEY MOFFAT

- Director of Bands
Jackson High School
Mill Creek, Washington
- Author of "I Love My Job but It's Killing Me" and "Love the Job, Lose the Stress"
- Founder of *The mPowered Music Educator Academy*
- Runs *Band Director Boot Camp* and *Music Program Management Support Services*

The logo for mPowered Music Educator Academy, featuring a stylized 'm' and a figure holding a baton.

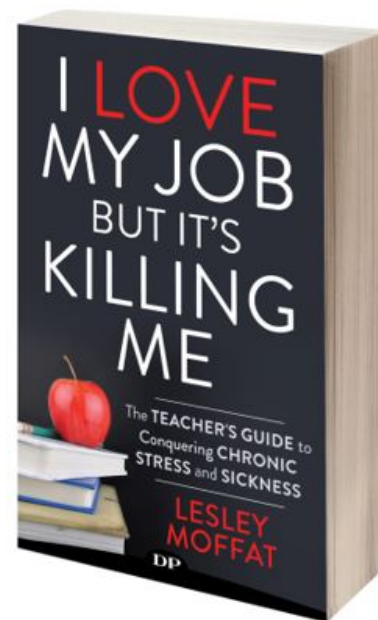
Music Ed Mondays with Moffat

- Reassess your work and life priorities
- Identify the non-negotiables in your life (priorities, strengths, and struggles)
- Set personal and professional goals
- Use my SNaP Strategies that are designed to help you learn quick and repeatable tactics for helping yourself and your students replace bad habits with better ones and learn new skills faster and more effectively by employing techniques learned through this process
- Understand the power of the First Four Minutes and synching your students
- Create your own First Four Minute protocol
- Assess potential obstacles to success and have a plan for addressing those obstacles
- Have access to a multitude of resources (my webinars, podcasts, templates, and more) to support you in your teaching and personal lives

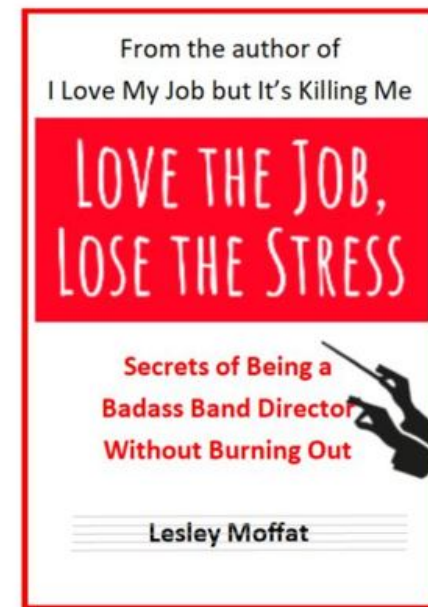


Now more than ever, in order to support your students, you have to be healthy enough and have the stamina it takes to do this important work...

FROM



TO



The mPowered Music Educator Academy | Lesley Moffat, Founder | Band Director Boot Camp



FREE copy of eBooks:
mPoweredEducator.com/contact

To schedule a complimentary assessment to discuss your personal situation and what you can do to maintain your sanity during this massive disruption, click this link to my calendar. Talk to you soon!

<https://LesleyMoffatCalendar.as.me/>

