

## Author Book Study - Teachers First: A Guide to Avoiding and Overcoming Burnout in the Classroom



PRESENTED BY

**Carman Murray**



SERIES SESSIONS

Date	Time
October 22, 2025	4:00 PM - 5:00 PM
October 29, 2025	4:00 PM - 5:00 PM
November 05, 2025	4:00 PM - 5:00 PM
November 12, 2025	4:00 PM - 5:00 PM
November 19, 2025	4:00 PM - 5:00 PM
November 26, 2025	4:00 PM - 5:00 PM

FEE

**\$100.00**

QUESTIONS?

Contact Us:

[403-381-5580](tel:403-381-5580)

REGISTER ONLINE

Visit our website to register:

[south.aplc.ca](https://south.aplc.ca)



LOCATION

**Zoom Online Meeting - Zoom**

### Learning Opportunity

The Teachers First Book Study is a six-week guided exploration designed to support educators in aligning their personal well-being with their professional practice. Led by Carman Murray—author, speaker, and coach—this study provides a structured yet flexible approach to personal growth, classroom leadership, and sustainable self-care habits. Key Features:

- Weekly readings and guided reflections
- Live discussions and Q&A sessions 60 minutes long
- Practical tools for self-care, boundary-setting, and leadership
- A strong focus on building sustainable habits for both teachers and students
- Building a community of support and accountability to help educators stay motivated and connected throughout the journey

By the end of the study, educators will have a renewed sense of purpose, practical strategies for balancing their roles, and a deeper connection to their core values – leading to healthier classrooms and more resilient teaching practices.

---

### Presenters

**Carman Murray**

Carman Murray is a teacher, coach, and author who helps educators reconnect with what matters—without sacrificing themselves in the process. With over 20 years in education, including 15 years in the classroom, she now supports teachers across Canada through workshops, coaching, and her book *Teachers First: A Guide to Avoiding and Overcoming Burnout in the Classroom*.

Carman blends classroom strategy with personal growth, helping teachers reclaim their time, energy, and purpose—so they can lead with clarity and heart. Her approach is rooted in real-life experience, layered with reflective questions, and grounded in rhythms that support sustainable wellbeing. Whether she's guiding a small group or speaking to a full room, Carman meets educators where they are—with honesty, encouragement, and practical tools that work in real classrooms.

She has spoken at Alberta Teachers' Conventions across the province, PEI's Teacher PD, the International Educator Wellness Forum, and professional learning events in BC, Nunavut, and beyond. Her sessions are known for their grounded presence, story-rich delivery, and a gentle but powerful nudge toward meaningful change.

Carman also volunteers with the Canadian Student Leadership Association, supporting national conferences that empower both students and teachers across Canada. Her work with student leaders reflects her deep belief that leadership is not a title—it's how we show up, every day.

She lives on a ranch in Alberta, where the rhythms of land, family, and aligned living continue to shape both her personal life and professional mission.

---

## Registration Notes

Note:

Please purchase the Book prior to the first session:

Amazon – [Teacher's First: A Guide to Avoiding and Overcoming Burnout in the Classroom](#)

Indigo – [Teacher's First: A Guide to Avoiding and Overcoming Burnout in the Classroom](#)

All times are in Mountain Time

Session will be recorded and available for 30 days.

The Zoom link will be sent out in the registration email.



Supporting every educator  
in every classroom