

Chaos to Calm



PRESENTED BY

Carman Murray



SERIES SESSIONS

Date	Time
September 09, 2025	4:00 PM - 5:30 PM



LOCATION

Zoom Online Meeting - Zoom

FEE

\$25.00

QUESTIONS?

Contact Us:

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

REGISTER ONLINE

Visit our website to register:

south.aplc.ca

Learning Opportunity

Managing a classroom can feel like juggling a dozen things at once—keeping students engaged, maintaining focus, and addressing challenges as they arise. But what if you could shift from reactive to proactive and create a classroom environment that fosters respect, collaboration, and learning?

In this **90-minute interactive workshop**, we explore how to use your own energy, confidence, and presence to transform classroom chaos into a calm, productive learning space. You will gain insight into how to **identify the root causes of disruptive behaviors, implement proactive strategies, and troubleshoot real-world classroom management challenges** with practical approaches.

Through collaborative discussions, team-building exercises, and shared problem-solving, you will gain insights from your colleagues while strengthening your own ability to create a **structured, engaging, and student-centered environment**

Key Takeaways:

- ? Strategies to **build positive relationships** and establish clear expectations (TQS #1: Fostering Effective Relationships)
- ? Techniques for maintaining a **respectful, inclusive, and supportive classroom culture** (TQS #2: Engaging in Career-Long Learning)
- ? Practical tools to address **diverse learning needs and behavioral challenges** (TQS #4: Establishing Inclusive Learning Environments)
- ? An action plan to shift your focus from behavior management to **meaningful teaching and learning** (TQS #3: Demonstrating a Professional Body of Knowledge)
- ? Ways to increase student ownership and responsibility for their learning, **reducing disruptions and enhancing engagement** (TQS #5: Applying Foundational Knowledge About First Nations, Métis, and Inuit)

By the end of this session, you'll leave with **actionable steps to take into your classroom** and renewed confidence in your ability to create an environment where both you and your students thrive.

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

This is a hybrid session, please ensure you check if you will be attending in person or online.

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

Recording will be available after the session for 30 days.



Supporting every educator
in every classroom