

Chaos to Calm



PRESENTED BY

Carman Murray



SERIES SESSIONS

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



LOCATION

The Consortium, South Office Learning Suite
OR Zoom online meeting - 2219 14 Ave S
(Located in Our Lady of Assumption School)

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

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