

# Teachers First: Reclaiming Energy, Purpose, and Joy in the Classroom



PRESENTED BY

**Carman Murray**



SERIES SESSIONS

Date	Time
September 25, 2025	9:00 AM - 3:30 PM



LOCATION

**The Consortium, South Office Learning Suite**  
- 2219 14 Avenue South (located in Our Lady of Assumption School)

**FEE**

**\$50.00**

**QUESTIONS?**

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

**REGISTER ONLINE**

Visit our website to register:  
[south.aplc.ca](https://south.aplc.ca)

## Learning Opportunity

Teaching is more than a profession—it's a calling. But too often, the passion that brings educators into the field gets buried under exhaustion, stress, and the pressure to do it all. Based on the insights from *Teachers First: A Guide to Avoiding and Overcoming Burnout in the Classroom*, this full-day workshop is designed to help you reset, refocus, and build sustainable strategies for a thriving school year.

Through guided reflection, interactive discussions, and practical planning, you'll walk away with a renewed sense of purpose, a clear vision for your classroom, and a set of habits that support both you and your students.

---

## 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:

All times are in Mountain Time



Supporting every educator  
in every classroom