

Starling Minds Inc.

**6-Week Mental Fitness Challenge Series with Dr.
Andrew Miki for Principals and Vice-Principals**



Weekly on Tuesdays: May 4th, 2021 - June 8th, 2021



6-Week Mental Fitness Challenge Series with Dr. Andrew Miki

What is the Mental Fitness Challenge?

COVID-19 has created an unprecedented amount of uncertainty and challenges for principals and vice-principals. With unclear procedures and the threat of infection, while still maintaining education standards, it's hard for them to have the energy to care for themselves.

We want to help by creating a mental fitness challenge for principals and vice-principals.

The 6-Week Mental Fitness Challenge will be hosted through Zoom Webinar and includes:

- Introduction to Starling Minds Mental Fitness program
- One weekly live session with Dr. Andrew Miki that includes a Q&A period
- Two 10-minute weekly homework exercises to put learning into action
- A detailed plan of how to build good mental therapy habits and best practices
- Private Community forum to interact with their peers and learn collectively

Who will be involved?

Our 6-week interactive Mental Fitness challenge will be hosted by our Chief Science Officer, Dr. Andrew Miki, an expert in providing support for principals and vice-principals.

Andrew will be walking through the Starling Mental Fitness program sections that are most relevant and impactful to principals and vice-principals.

When is it?

It's a recurring webinar series on Tuesdays from May 4th, 2021 - June 8th, 2021, at 4 PM ET.

How will it help principals and vice-principals?

Our Starling Mental Fitness program personalizes therapy to help each member better manage their stress, anxiety, and depression.

It will help them:

- Learn how to raise their awareness of stressors and reactions
- Discover strategies to help them relax and recharge
- Learn how to see the "small wins" in their day-to-day life

- Learn how to have more balanced, objective, and realistic thoughts

The Mental Fitness Challenge will help principals and vice-principals build the skills they need to recharge for the summer and return to school as resilient as possible.

What would members need to do?

To participate in the Mental Fitness Challenge with Dr. Andrew Miki, members would need to:

- **Step 1:** Register for the webinar series ["6-Week Mental Fitness Challenge Series with Dr. Andrew Miki"](#)
- **Step 2:** Register for their [Starling Minds Mental Fitness program](#) with access code OPCMEMBER
- **Step 3:** Take their first check-up before the 1st interactive session
- **Step 4:** Attend and participate in the various interactive activities throughout the challenge

Is it free?

Yes - it's free for you and all members.

Is it confidential?

At Starling Minds, our members' privacy and confidentiality is of the utmost importance to us. All information is kept strictly confidential and anonymous.

What do you need from me?

Please take the following **communications collateral** and send it out to your channels to raise awareness around the Mental Fitness Challenge. For members to get the most out of the Mental Fitness Challenge, be sure to promote upcoming interactive sessions during this 6-week initiative.

For any other questions, please feel free to reach out to us at members@starlingminds.com.