

CARMAN MURRAY

SPEAKER

LIFE ARCHITECT

Carman's mission is to help teachers and educators fuel their mind, body, and spirit so they can live life unapologetically, both in and out of the classroom.

Carman has spent the last 15 years learning to shift her own life priorities into alignment with the gifts she has to offer others. No longer in a classroom setting, she has leaned into mentoring and supporting others on their own healing journey.

Carman is here to help teachers and educators create the habits that will take them from overwhelmed to energized and truly happy.

Experienced in speaking, Carman Murray brings authenticity and an interactive experience in her workshops and talks. She is passionate about guiding others in rekindling their life balance.



SIGNATURE TOPICS

TEACHING VALUES TO BUILD RESILIENCE

Give your students tools to support their journey of becoming the person they want to be now.

We teach values daily in our classrooms. This interactive workshop, based on Drew Dudley's values, give you tools for your classroom and life to focus on what is important to you and teach your students to do the same.

By using Drew's values as a guide, you can begin to mentor students even more toward a meaningful and purposeful life, even at a young age.

FUEL YOUR BODY TO TEACH

Teaching can be a high-stress job that easily spills over into your home.

Learn to fuel your body with quality sleep, nutrition, and downtime to come away with actionable steps to reach peak performance both in the classroom and in your personal life.

CHAOS TO CALM - TACKLING THE CHALLENGE OF CLASSROOM MANAGEMENT

Use your own energy and confidence to take the chaos of a room full of students to a calm learning environment.

Learn how to troubleshoot your classroom management challenges and feel better equipped to handle what may come your way.

This is an interactive workshop where we access the collective wisdom in the room and incorporate team-building with your colleagues.

You will walk away with a simple action plan to support you in spending more time teaching and learning with your students and less time on behaviour management.

"The Program has been what I needed in my life. The habits are easy and many of them I've attempted in the past - but they never stuck. Yet, being a part of this program... the book, the calls, the support and accountability has allowed me to succeed and see the changes I wanted in my life. I'm excited to continue on this journey."

KEITHA

This is Carman's zone of genius. Carman has a way of listening deeply and helping me notice when I have limiting beliefs and gently and in a very fun way, ask questions and make suggestions that have helped me to shift into a growth mindset.

ROMY

"Carman is a skilled and intuitive leader and facilitator. Her authenticity and insight will help create effortless transformation in you. I felt peaceful and clear after her values workshop. Thank you."

KERRY



Fee Structure:

Hourly: \$250

Half Day (three-hour workshop) \$600

Full Day (six-hour workshop) \$1000

