

# CARMAN MURRAY

**SPEAKER | AUTHOR**  
**COACH**



A retired teacher, Carman Murray is known for her ability to lead others along their transformational journey with both candour and care. After teaching in a classroom for fifteen years, she has moved to mentoring women to be their best selves and follow their dreams. She brings her wisdom as a mom, ranch wife, healer, yoga instructor, and teacher to the groups of women she works with. She brings consistency, accountability, and inspiration to those she impacts. Carman loves being outside and working alongside her husband on their ranch as well as hitting the slopes with her kids.

## SIGNATURE TOPICS

### **EMPOWER YOUR TEACHING: HOLISTIC STRATEGIES TO COMBAT BURNOUT**

Teaching demands an immense amount of energy and resilience, often leaving educators feeling drained and overwhelmed. In this workshop, we delve into practical techniques to refuel your body and mind, ensuring peak performance both inside and outside the classroom.

Discover how to prioritize quality sleep, nourish your body with proper nutrition, and carve out essential downtime amidst the demands of teaching. Through interactive exercises, including meditation and reflection on current lifestyle habits, you'll emerge with actionable steps to cultivate sustainable well-being.

This session is pivotal as educators face daily challenges to their mental, emotional, and physical health. By equipping teachers with effective, accessible habits, we empower them to navigate their roles with vitality and purpose.

### **CHAOS TO CALM: ENERGIZING YOUR CLASSROOM MANAGEMENT**

Are you ready to transform your classroom from chaos to calm? Join us for an engaging and empowering workshop designed to help you harness your energy and confidence to create a serene and effective learning environment.

In this interactive session, we'll dive into how your own energetic presence and self-care practices directly impact your ability to manage a classroom successfully. By exploring practical strategies and accessing the collective wisdom of your fellow educators, you'll leave feeling equipped to tackle any classroom management challenge that comes your way.

### **EMPOWERING STUDENT LEADERSHIP: FOSTERING PERSONAL GROWTH AND RESILIENCE**

Empowering students to become leaders in their own lives is paramount to their success and well-being. Join us for an engaging workshop focused on cultivating personal leadership within students.

In this interactive session, participants will delve into Drew Dudley's acclaimed leadership values, providing a framework for students to explore and understand themselves on a deeper level. Led by experienced educator Carman, attendees will learn practical strategies and activities designed to be seamlessly integrated into the classroom environment, fostering both personal and collective leadership.

By equipping students with these tools and values, educators can guide them towards a path of purpose and resilience, setting the stage for a lifetime of meaningful contribution and fulfillment.

### **EMPOWERING ASSESSMENT: FOSTERING STUDENT GROWTH AND UNDERSTANDING**

This workshop redefines assessment as a tool for student growth and understanding rather than just a measure of performance.

Participants will explore innovative strategies for making assessment authentic and transparent, empowering students to recognize their strengths and address their weaknesses.

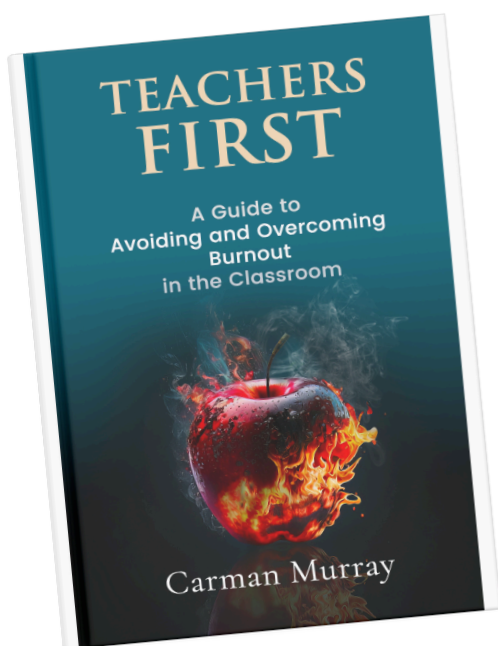
This interactive session will inspire you to rethink assessment and empower your students to reach their full potential.

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



TEACHING IS A COMPLEX PROFESSION WHICH CAN EASILY SPILL OVER INTO YOUR PERSONAL LIFE AND CREATE BURNOUT. CARMAN MURRAY'S "TEACHERS FIRST" PROVIDES A ROADMAP FOR YOU TO SHOW UP IN YOUR CLASSROOM FEELING ENERGIZED AND ORGANIZED.

MURRAY USES HER OWN EXPERIENCE TO OFFER SIMPLE STEPS, STORIES, AND STRATEGIES TO INSPIRE YOU TO TAKE ACTION AND EXPERIMENT WITH IDEAS IN YOUR CLASSROOM AND PERSONAL LIFE. YOU WILL ALSO GAIN TOOLS TO TEACH YOUR STUDENTS, EQUIPPING THEM WITH THE SKILLS THEY NEED TO BE EVEN MORE SUCCESSFUL IN YOUR CLASSROOM, SCHOOL, AND THEIR LIVES IN GENERAL.

EACH TIME YOU PICK UP THIS BOOK, IT WILL SERVE AS A REMINDER THAT YOU MATTER: HOW YOU TREAT YOURSELF MODELS FOR OTHERS—STUDENTS AND FAMILY—THE IMPORTANCE OF INTENTIONAL SELF-CARE.

**FEE STRUCTURE:**

Hourly: \$425

Half Day (three-hour workshop) \$1000

Full Day (six-hour workshop) \$1500

plus reimbursement of travel expenses over 50 km

**TOPICS THAT CAN BE TAILORED TO YOUR THEME/NEEDS**

- Meditation and Mindfulness in the Classroom
- Student Mental Health
- Creating Community Within Your Classroom

