WORK INTELLIGENTLY / EDUCATION TEAMS

Care for the people who care for others.



Practical education and restorative experiences for adult staff and leaders in schools, early learning settings, post-secondary teams and education organizations.

A conversation or learning series

Explore pressure, patterns, attention, boundaries and communication through familiar working situations. Discuss self-regulation, co-regulation and psychological safety in accessible language.

A staff or team RESET

Make space for sound, guided rest, meditation or gentle restorative movement. Participation is voluntary, with seated alternatives, sensory needs and room setup agreed in advance.

A professional development event

Bring Christina in for a workshop or a 45-60 minute keynote on The Human Side of Safety. Add an optional 15-20 minute seated Sound RESET or discuss a wider program.

What participants explore

Notice a recurring response, practise a pause and choose one everyday anchor. Connect the conversation to clearer communication, useful boundaries and your existing staff resources.

About Christina

Educator, speaker and entrepreneur with a sociology degree, studies in psychology, business and leadership experience, and training in coaching and integrative wellness.

Vancouver, online or elsewhere by arrangement. Scope, timing, accessibility, inclusions and fees are agreed before booking. Programming is for adult teams; it does not replace clinical care, student support services or organizational responsibilities.

Plan something useful for your team.

Share your setting, staff group, priorities and preferred timing.

christina@christinamichael.ca | 604 417 0770