

## DR. IGOR IWANEK

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A Well-Being Program for Teachers | Counselors | Staff  
for Mississippi schools K-12 | School Districts | Higher Ed.

Ten schools or districts will be awarded this all-expenses-paid program funded by a generous grant.

The purpose:

Cultivating the well-being of teachers, counselors and staff in schools is a high priority now. Stress affects teachers' health and well-being, job satisfaction, job turnover, and student outcomes.

This program teaches skills necessary to decrease emotional stress, emphasize good health and maintain a positive relationship with the world around. Participants learn to use their breath effectively to handle stress, anxiety, depression, insomnia, chronic fatigue etc.

The command of these simple & effective practices allows the participants to enhance their professional & personal life as well as teach the techniques to their students in the classroom.

A study by the Yale Center for Emotional Intelligence found that adults who learned ways to manage their own emotions are less likely to report burnout, demonstrate higher levels of patience and empathy, encourage healthy communication, and create safe student learning environments.

This grant funds 10 schools / districts in Mississippi.  
Space is limited - [APPLY NOW!](#)

The subject matter:

The subject taught in this program is Rhythmic Breath Control (RBC). Here the mind is renewed by breath & focused by music.

Learn more about RBC' s benefits: [CLICK HERE](#)

Sample RBC techniques here: [CLICK HERE](#)

What is the duration / format?

There are two options:

- A half day session on a professional development day

OR

- Five (5) live sessions of 45 min each, scheduled at a mutually agreeable time over 5 to 10 weeks. In person or on Zoom.

Minimum requirements. Do participants have to qualify?

Not individually. The program is for all faculty and staff of a given Mississippi School. However:

- a minimum of 6 faculty members have to commit to the whole session.

- the program needs to be completed in this calendar year - 2022.

How to apply:

[CLICK HERE](#) to fill out the form.

## FAQ

1. Are participants viewing modules or web based videos?

No. It is a live event which we can schedule in person or via zoom, if that's your preference.

2. Is this a self-paced initiative?

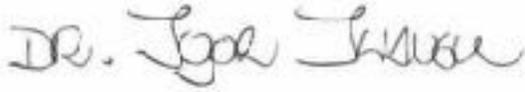
No. It is a live session. Pre-recorded, guided audio practices will be available for the participants to access for home practice in between live sessions.

3. Questions?

Simply reach out to Dr. Igor @ 857.445.3377 or email [dr.igor.iwanek@gmail.com](mailto:dr.igor.iwanek@gmail.com)

Thank you for your interest.

Be Well | Live Well | Play Well

A handwritten signature in black ink that reads "Dr. Igor Iwanek". The signature is written in a cursive, flowing style.

Dr. Igor Iwanek  
Doctor of Music Composition  
Well-Being Diplomat  
Former MIT Faculty member