

Our professional learning programs are driven by robust research and led by former and current teachers and administrators. Targeting the preventable causes of burnout and fatigue with evidence-based strategies, sessions help educators lead balanced lives and enjoy enduring career growth.



THE FIVE PITFALLS

Participants learn about five common pitfalls that make sustainability and well-being challenging for educators.



PURPOSE, VISION & GOALS

Participants are guided to clarify a vision and set of goals for their life, for their classroom, or both.



PRIORITIZING

Participants learn a framework they can utilize to ensure they are prioritizing not only what is urgent but also what is important for their long-term well-being.



STRENGTHS

Participants reflect on their top strengths and how they might use them in new ways moving forward.



CORE VALUES

Participants are guided to clarify the core values that matter most to them.



DIFFICULT CONVERSATIONS

Participants dive into the research on restoring relationships in the face of conflict and consider a framework for having difficult conversations.



HABITS

Participants learn about the science of habit formation and consider the habits they want to sustain moving forward.



MINDFULNESS

Participants learn foundational tools of mindfulness meditation and the outsized importance of mindfulness in achieving well-being.



BOUNDARIES

Participants reflect on their boundary preferences as well as their ability to set effective boundaries. They then establish a plan to close any potential gap between boundary preferences and boundary enactment.



TIME MANAGEMENT

Participants learn about the science of task management and plan making. Additionally, they learn a research-based methodology for identifying and articulating how to use their time in service of what matters most.



APPRECIATION

Participants learn about the science of appreciation and reflect on the ways they prefer to give and receive it. Participants then consider how and with whom they plan to express appreciation moving forward.



RELATIONSHIPS

Participants review research about the role of relationships in achieving well-being and craft a plan to further develop the strength of their relationships.



PROGRAM SYNTHESIS

Participants review the strategies we covered, reflect on the program as a whole, and consider ways continue to apply the content in their own lives.

Participants engage in a series of synchronous sessions, discussing and reflecting on what they're learning with a small group of colleagues.

Organizations may choose an experience fully facilitated by Educators Thriving or choose to receive access to the content and training that enable internal facilitation.

For pricing and additional information, please email Katie@educatorsthiving.org.