

## EDUCATOR RESILIENCE AND SELF-CARE

### **On-Demand SEL Professional Development for Educators**

The latest research clearly shows that teacher wellbeing is associated with higher student engagement and lower student psychological difficulties. (Journal of Affective Disorders, 2019). It is more important than ever that districts find proven and accessible programming to support the social emotional health of their educators. EmpowerU is offering engaging on-demand professional development options.



### **WHY IS THIS IMPORTANT?**

There is a direct correlation between these 5 factors and educator mental health: Lack of control, chaotic changes to classroom structure, pressure for student outcomes in difficult circumstances, financial worries, family stressors.

Each of these factors have been heightened this year with the negative impacts of COVID19 and the ever changing adjustments to school and classroom structure amidst the pandemic - resulting in high levels of stress and anxiety.

It's no surprise that teachers are struggling, but amidst all of these changes and busy schedules, it can be hard to find a way to help. EmpowerU's Educator program offers variable solutions to fit within teacher schedules, and can help lower the baseline of stress for educators.

Engaging in a daily practice to invest in their own well being will create school-wide capacity and common language to help educators better support their student and coworkers.

### **PRODUCT FEATURES:**

- Builds school-wide capacity and common language for student support.
- Proven to lower educator anxiety, which in turn lowers psychological difficulties for students.
- Seamless and accessible to fit within busy educator schedules.
- On-demand 5-hour course for school-wide staff or team comes complete with toolkit for in-staff workshops.
- 20-hour deep dive into full-resilience training option for support staff comes with the option of add-on coaching.
- Easily accessible by phone, computer or tablet.
- Earn clock hours / Micro Resilience Credentials
- Proven to lower anxiety, build confidence, and increase emotional well being.

*"This course was helpful in shining a light on some areas that needed attention in my life like stress and coping in a hard stage of my life and helped me manage stress using tools I can use with my students "*

*- Educator, Minnesota*

## ABOUT EMPOWERU

EmpowerU's highly personalized, online social-emotional learning program helps young people replace anxiety and depression with resilience and confidence, fueling student transformation at a fraction of the cost of therapy.

## VISION

To help millions of students transform from anxiety and doubt into more self-directed and confident human beings who can thrive and succeed, even in the face of difficult circumstances.

## GET STARTED TODAY

[CLICK HERE TO PURCHASE SEATS NOW](#)

[CLICK HERE TO SCHEDULE A MEETING](#)

**QUESTIONS?  
LET'S CHAT!**

*info@empoweru.education*  
*https://empoweru.education*



## EMPOWERU PROGRAM DETAILS

The EmpowerU Educator Resilience and Self Care offers two options to support educators in a way that fits their individual needs, and your school schedule:

### Version 1 - 20 hour self paced

*Clock Hour Eligible + Micro Resilience Credentials*

*\$49/educator without coaching*

*\$89/educator with weekly coaching*

This program is great for special education team trainings, ALC staff, school counselors or social workers that want a deep dive into strategies and to use for their own personal support.

### Version 2 - 4 hour half day EmpowerU Resilience training (August)

*Clock Hour Eligible - On demand*

*\$29/educator (minimum 10 seats/building)*

Schools that purchase 20 or more seats will also receive a back to school workshop kit including: PLC discussion guide for self-care and how to best support student mental health.

## EMPOWERU PROVEN RESULTS

EmpowerU engages educators as active participants in their wellness journey by combining online social-emotional learning lessons with deep reflection for intrinsic learning.

Educators that completed the course rated the course at 3.8/4 for helping them to better support their students and themselves.

"We had tremendous results and energy around the educator version of EmpowerU, staff learned to manage and recognize their stress, and work as a team to help support each other and their students"

- Asst. Director of Student Support Services, MN