

Educator Well-being Training Options

Nonprofit Wellness supports the physical, mental, and team health of teachers and other world-changers.

INVESTING IN TEACHER WELLNESS:

- Stabilizes teacher retention and daily well-being
- Increases staff relationships as well as student rapport
- Optimizes professional development funding

LEADER COURSE/COACHING (1 HOUR SESSIONS)

- For school leaders who tend to culture, PD, or wellness committees
- Discuss current status and desired next-steps
- With coaching and support, school leaders can enact changes in school culture and wellness through new tools, best practices, and resources/skills

SUPPORT YOUR STAFF (120-MIN PD)

- In-person training for teachers and staff on physical and mental health skills
- Highly interactive and participatory for buy-in and retention of skills
- Teachers will leave having discussed school wellness current successes and areas of improvement.
- After this session, a wellness committee will be formed, ready to support teachers in what they've asked for beyond this day.

SHIFT SCHOOL CULTURE (1 YEAR, STARTS IN SUMMER)

- Initial all-staff trainings and orientation to wellness initiative
- Monthly Wellness Committee trainings (who coord PD efforts)
- Coordinate wellness events or distribute benefits (eg. Headspace)
- Create one-year and three-year wellness plans

TEACHER TRAINING & RETENTION FACTS:

- ★ DC's teacher turnover is highest in U.S. at 25% (nat'l average is 16%)
- ★ New hires cost about \$20,000 per (estimated \$7.3B nationally)
- ★ Average cost of Professional Development, per teacher: \$10,000
- ★ 40-50% of teachers leave within their first five years

Invest in staff retention, productivity, teamwork and culture.

Meet the Nonprofit Wellness Education Training Team:

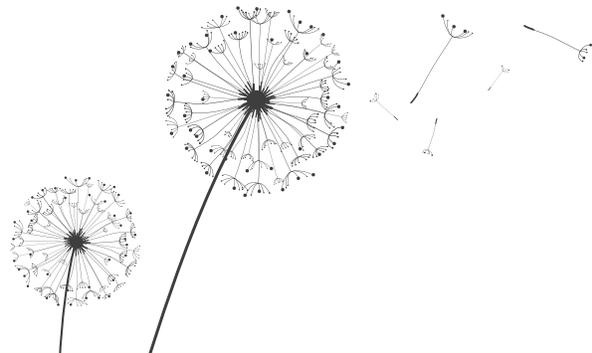


Susan Comfort is a 25-year nonprofit leader, who founded Nonprofit Wellness to prevent burnout among world changers. She developed a stress management curriculum packed with interactivity and neuroscience, which uses mental and physical wellness topics to create team health.

Gabby Lubin is a 5-year Early Childhood Education classroom teacher, who is now full-time fitness professional. She helps train staff at schools, develops new tech tools and curates the @NonprofitWellness Instagram feed.



Tyecia Powell is a 15-year veteran of the education world, who is currently COO of Bikram Yoga Works. A former instructional coach with DCPS, she now provides training and coaching for education leaders and is writing her dissertation on wellness for school administrators.



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