



Educator Well-being Training Options

Invest in staff retention, productivity, teamwork and culture

QUICK COURSE (1 HOUR)

- For principals and administrators who tend to culture, PD, or staff well-being
- Discuss current status and desired outcomes (1st steps of needs assessment)
- Learn tools, best practices and resources/skills for creating/enacting plans

INVEST IN STAFF (1 DAY)

- In-person training on physical and mental health skills
- User-centered design ensures participation and buy-in
- Basic Plus/Delta needs assessment (with optional pre-survey as shortcut)
- Finalize (& begin to train) your Wellness Committee by the end of the day!

SHIFT SCHOOL CULTURE (1 YEAR)

- Choose staff training options and engage ongoing administrator coaching/support
- Monthly Wellness Committee trainings
- Evaluative measures at beginning, middle and end of year
- Coordinate bi-monthly wellness events
- Distribute optional app-based benefits (Headspace, Trusted Advisor, Noom)
- Create one-year and three-year sustainability plans
- Year-long service can begin anytime before Thanksgiving

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
- ★ Greatest indicator of student success: **one consistent, positive adult**

Inspiring joy, resiliency, and sustainability for teacher (& student) well-being

NONPROFIT WELLNESS FOUNDER:



Susan Comfort is a 25-year nonprofit leader, who ran Playworks DC for four of them. Facilitating recess games and icebreakers – then studying the fascinating brain science behind them – led her to develop an adult-facing curriculum on mental health and wellness. She founded Nonprofit Wellness to inspire play, joy, movement, and social stress-relief practices, because we can't let folks burn out from world-changing jobs.

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