

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 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.

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 course for educators and support staff to complete on their own time or as a part of a training.
- 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.

QUESTIONS? LET'S CHAT!

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EMPOWERU PROGRAM DETAILS

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.

The EmpowerU Educator Resilience and Self Care supports educators in a way that fits their individual needs, and your school schedule:

Clock Hour Eligible + Micro Resilience Credentials

\$39/educator without coaching

\$99/educator with coaching from a highly trained instructor

Educator EmpowerU resilience training and self care course without coaching. CEU eligible. This program helps educators build SEL skills to use with all students with a lens of self-care to use these important mental health concepts for their own wellbeing

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