



VIRTUAL WELLNESS WORKSHOP SERIES

WHAT ARE THE REAL COSTS WHEN EDUCATORS GET OVERWHELMED?



\$8 BILLION

Cost of **teacher turnover** due to stress

"Why it's a big problem that so many teachers quit — and what to do about it." Washington Post, 2017. <https://www.washingtonpost.com/news/answer-sheet/wp/2017/11/27/why-its-a-big-problem-that-so-many-teachers-quit-and-what-to-do-about-it/>



72% of EDUCATORS

Described themselves as **stressed**, citing an inability to "switch off"

"2019 Teacher Wellbeing Index" Education Support, 2019. https://www.educationsupport.org.uk/sites/default/files/teacher_wellbeing_index_2019.pdf

DISTRICT-WIDE VIRTUAL WELLNESS INITIATIVE TO HELP EDUCATORS COPE WITH ANXIETY & STRESS



WELLNESS HOUR

- Engaging, interactive workshop series for up to 500 of your district faculty & staff
- Includes nine (9) 45-minute sessions with additional time for Q&A at the end of each session
- Every session provides social-emotional wellness tools to combat stress, anxiety, uncertainty, and fear



Helping people develop their most valuable asset – *themselves!*

CONTACT

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VIRTUAL WELLNESS WORKSHOP SERIES

THEMES

SELF-REFLECTION

Journey of
Inner Discovery

MINDFULNESS

Being Aware
& Present

LIFE BALANCE

Knowing Your Limits

SELF-MANAGEMENT

Destress, Declutter,
Develop

EMBRACING CHANGE

Flexibility & Personal Trust

HABITS

Breaking the Old &
Starting the New

VALUES

What Influences
You?

AFFIRMATIONS

The Power of Positivity

INSPIRATION

Inspiring People
Inspire Others

CHOOSE FROM 3 OPTIONS

LIVE SESSIONS & RECORDINGS

- For up to 500 District employees.
- Access to nine (9) live sessions covering the themes listed above.
- Video recordings & extension Wellness Journals made available after each session.

\$4,500/GROUP

RECORDINGS ONLY

- For up to 500 District employees.
- 3-month access to nine (9) pre-recorded video sessions & extension Wellness Journals.

\$3,000/GROUP

FOR INDIVIDUALS

- Live session & pre-recorded options available.
- Visit effectivela.org/pd for details.

\$225/PERSON

THANKS TO ALL THE SCHOOL DISTRICTS AND ORGANIZATIONS THAT HAVE COMPLETED THE ELA VIRTUAL WELLNESS WORKSHOP SERIES

