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# The Empowered Educator Difference

Most professional development focuses on **what educators know**.  
Empowered Educator focuses on **how educators function**.

## What Changes

- ✓ *Consistent adult responses across classrooms*
- ✓ *Clearer communication under pressure*
- ✓ *Reduced variability in expectations*
- ✓ *Stronger follow-through after professional learning*

## Why This Approach Works

Our programs help staff recognize and shift the patterns that shape how they interpret stress, respond to behavior, and communicate with one another. When those patterns change, initiatives hold and collaboration becomes easier.

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### AVERAGE IMPACT

From the results of a 2026 survey

**73%**

**Reported A Decrease**  
In Student Behavior  
Escalations

**79%**

**Reported An Increase**  
In Energy and  
Engagement

**87%**

**Reported a More**  
Positive Classroom  
Environment

**||** *Empowered Educator is what every educator needs right now. The courses engage participants in a variety of experiences and techniques that require them to slow down, think deeply, and reset their thinking. Staff have told me that they feel reinvigorated, more balanced, and engaged in education since taking part in Empowered Educator programs.*

— *Stacie Harris, Teacher Center Director, Greater Southern Tier, NY*

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**Get Started** 

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# How to Use This Catalog

School leaders **manage complex organizational and personnel challenges** with limited time, capacity, and margin for error.

This catalog will help you quickly match the challenge you're experiencing with **practical support that's easy to implement.**

Every offering is built to improve daily execution in **how adults communicate, respond, and follow through** so progress becomes visible.

→ Identify *your* challenge and **click the corresponding starting point:**

Challenge	Recommended Starting Point
Demands of the job are interfering with presence, patience, and consistency	 <b>THRIVE:</b> Supports educators in sustaining required classroom consistency
Burnout is affecting classrooms and culture and educators feel stretched thin	 <b>REDESIGN YOUR MIND:</b> Improves adult responses and professional judgment
Staff need both renewed energy and a shared direction	 <b>KEYNOTES &amp; WORKSHOPS:</b> Creates immediate alignment across staff
Supporting new or early-career educators manage stress and build confidence	 <b>TEACHING FROM WITHIN:</b> Provides early support that prevents burnout and attrition
Educators need practical tools that can be applied consistently throughout the year	 <b>BOOK STUDY:</b> Creates shared language and practical application with staff
Tension between home and school where students receive mixed messages	 <b>LISTEN UP:</b> Establishes shared language across parents and educators

**Design Your Ideal Pathway.** 

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# THRIVE 1 & 2

*Supports educators in sustaining required classroom consistency*

**The Challenge:** The demands of teaching are ongoing, and over time that pressure can erode presence, patience, and consistency in the classroom. Chronic stress quietly affects instruction, relationships, and engagement long before a teacher considers leaving the profession.

## THRIVE 1 Outcomes

- *Communication becomes more consistent, strengthening trust.*
- *Educators respond to challenges with greater clarity, steadiness, and emotional regulation.*
- *Staff sustain their energy and effectiveness, improving the overall classroom experience.*

## THRIVE 2 Outcomes

- *Relationships deepen, increasing engagement and a sense of belonging.*
- *Students experience steady adult responses, creating a stronger sense of safety.*
- *Classrooms feel calmer and more focused, supporting stronger learning outcomes.*

## PROGRAM SNAPSHOT



Self-paced virtual course with private podcast



THRIVE 1 & 2 each include 15 hours of learning and a certificate of completion



Courses may be implemented individually or as a year-long/multi-year sequence



THRIVE 1 is a prerequisite for THRIVE 2

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*Investment: \$250/person  
Group Rate >30 participants*

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[Find Your Entry Point](#) 

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# Redesign Your Mind 1 & 2

*Improves adult responses and professional judgment*

**The Challenge:** Even experienced educators can fall into automatic patterns of thinking and reacting under pressure. These patterns influence interpretation of situations, communication with colleagues and families, and responses in classrooms, often leading to inconsistency, conflict, and missed opportunities.

## Redesign Your Mind 1 Outcomes

- *Educators shift their thinking patterns, leading to more intentional student interactions.*
- *Awareness of perspectives improves, influencing how students are seen and supported.*
- *Classroom decisions become more deliberate, resulting in more student engagement.*

## Redesign Your Mind 2 Outcomes

- *Educators manage stress in real time, maintaining effectiveness throughout the day.*
- *Decision-making improves under pressure, creating more stable classroom environments.*
- *Teachers follow through more consistently, strengthening accountability in daily practice.*

### PROGRAM SNAPSHOT



Live weekly sessions, replays available, with private podcast



Redesign Your Mind 1 & 2 each include 20 hours of learning and a certificate of completion



Courses may be implemented individually or as a year-long/multi-year sequence



Prerequisites for Redesign Your Mind: THRIVE 1 & 2

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*Investment: \$500/person  
Group Rate >20 participants*

**Design Your Ideal Pathway** 

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# Keynotes & Workshops

*Creates immediate alignment across staff*

**The Challenge:** Teams are working hard, but responses to stress, behavior, and expectations vary widely across classrooms and roles, making it difficult for leaders to maintain clarity and momentum.

## Sample Keynotes

- *Generational Change Begins with Empowered Educators*
- *Elevating Emotional Intelligence: From Daily Habits to Lasting Impact*
- *Sustainable Success: Tuning Your Mindset for Energy, Clarity, and Longevity*

## Sample Workshops

- *Thanks for the Feedback: Listening Beyond the Ego*
- *Navigating Conflict With Clarity and Confidence*
- *Mind Your Words: How Language Shapes Culture and Connection*

## PROGRAM SNAPSHOT



In-person or virtual



60-90 minute sessions



May be planned individually or as part of year-long/multi-year comprehensive programming



Extended options include half or full-day experiences

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*Investment Range: \$4,000-\$10,000*

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[\*\*Get Started\*\*](#) 

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# Teaching From Within

*Provides early support that prevents burnout and attrition*

**The Challenge:** New educators are committed to their students but are often unprepared for the emotional demands of the classroom. Early stress shapes habits around communication and decision-making. Without support, these patterns can lead to burnout, disengagement, and early attrition.

## The Impact Will Be

- *Early-career educators developing stronger awareness and steadier classroom responses.*
- *New teachers navigating challenges with greater confidence and consistency.*
- *Schools strengthening retention by supporting educators before burnout takes hold.*

## Teaching From Within Overview

- *Blends reflection and real-world application to support learning beyond theory.*
- *Four parts covering mindset, emotional awareness, thought patterns, and communication.*
- *Designed in short segments for easy engagement and application throughout the school day.*

### PROGRAM SNAPSHOT



Self-paced virtual course (audio only)



4 hours with lifetime access to material



Extended options include in-person keynotes and workshops



No prerequisite

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*Investment: \$50/person*

**Find Your Entry Point** 

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# The Empowered Educator Book

Professional learning only works when it shows up in daily decisions. **Reinforcement creates consistency.**

## From Learning to Lasting Change

- ✓ *Learning continues beyond the session without adding time*
- ✓ *Staff return to shared language and concepts consistently*
- ✓ *Stronger retention and day-to-day application*
- ✓ *More independent follow-through across teams*

## Examples of School-wide Implementation

### Information to Inspiration - bulk copies of the book

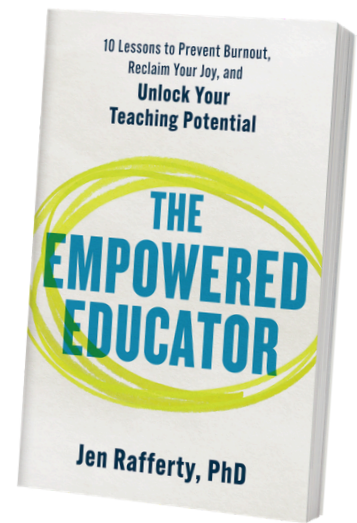
- Book study for entire staff or small groups to use during team meetings or PLCs to guide structured discussion without additional planning
- New teacher/mentor resource to anchor early conversations and normalize common challenges

### Inspiration to Calibration - bulk copies of the book + keynote

- Opening day keynote with the book kicks off the year with a shared experience that establishes a common language, tone, and expectations
- Mid-year PD day to reset how staff handle behavior, stress, and day-to-day challenges so they can respond with more clarity and less reaction

### Calibration to Transformation - bulk copies of the book + keynote + program

- Post-PD follow-through plan to extend into ongoing support so learning translates into sustainable daily practices
- Targeted support for small groups or high-need teams to provide deeper support to specific grade levels, departments, or buildings



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[Design Your Ideal Pathway](#) 

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# Design Your Ideal Pathway

**Begin with foundational learning** and expand over time as shared language and consistency take hold.

Programs are designed to **build on one another** so implementation strengthens rather than resets each year.

We work with you to identify the right entry point, determine participation levels, and sequence offerings to **strengthen retention and stabilize the adult conditions that support student learning.**

## Year 3: Sustain

Maintain results without increasing workload.

## Year 2: Expand

Extend access across teams to build consistency and buy-in.

## Year 1: Pilot

See measurable results with a small group before sharing with more staff.

## Start Here:



**Schedule a Conversation**



Identify your starting point



Design your Path Forward