



EMPOWERED
educator

CASE STUDY

How the Union-Endicott Teacher Center Ignited Educator Well-Being with Empowered Educator



About Union-Endicott

Union Endicott is a suburban district that values strong educator, student, and family partnerships. They take a holistic approach, prioritizing teacher well-being, to create engaging educational experiences for all students.

Why Empowered Educator

Union Endicott's partnership with Empowered Educator cultivates a strong and resilient teaching workforce. Empowered Educator has helped their teachers manage stress, build healthier relationships, and foster a positive school culture, enhancing both teacher and student success.

*"In the challenging times that educators are finding themselves in, Empowered Educator has provided teachers an opportunity to re-center themselves. Empowered Educator focuses on the whole educator striking a balance between their personal and professional needs. **This has been a lifeline** to teachers and has been one of our most well attended professional development opportunities. Our teachers look forward to each new class!"*



Josh Gregory
Union-Endicott Teacher
Center Director

Results

100% of teachers found the techniques and exercises practical and useful, ultimately helping to reduce stress, enhance focus, and improve both personal and professional well-being.

Impact on Teaching & Learning

Since engaging with Empowered Educator programs, Union-Endicott teachers identified an **increase in patience and a more positive learning environment** as a result of emotional self-awareness.