



**Reduce** burnout.  
**Retain** strong staff.  
**Improve** student outcomes.

---

## **Professional Learning Catalog** 2026-2027

---

# The Empowered Educator Difference

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

---

### AVERAGE IMPACT

Across Participating Districts in 2025

 **28%**  
Increase in  
Sustained Energy

 **30%**  
Increase in  
Boundary Confidence

 **31%**  
Increase in  
Staff Connection

**||** *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

---

**Get Started** 

---







# 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
Ongoing demands of the job erode presence, patience, and consistency	 <b><u>THRIVE</u></b> : Supports educators in sustaining required classroom consistency
Burnout is affecting classrooms and culture and educators feel stretched thin	 <b><u>REDESIGN YOUR MIND</u></b> : Improves adult responses and professional judgment
Staff need both renewed energy and a shared direction	 <b><u>KEYNOTES &amp; WORKSHOPS</u></b> : Creates immediate alignment across staff
Supporting new or early-career educators manage stress and build confidence	 <b><u>TEACHING FROM WITHIN</u></b> : Provides early support that prevents burnout and attrition
Leadership demands are growing faster than the support systems	 <b><u>LEADERSHIP LIBRARY</u></b> : Equips leaders to lead with clarity, calm, and conviction
Tension between home and school where students receive mixed messages	 <b><u>LISTEN UP</u></b> : Establishes shared language across parents and educators

**Design Your Ideal Pathway** 

---

# 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.

## The Impact on Your School Will Be

- Staff moving from understanding to practical application right away.
- Teams reflecting together on how new ideas translate into daily practice.
- Schools seeing more consistent follow-through after professional learning.

## This Matters Most When

- Staff are showing signs of burnout, disengagement, or emotional fatigue.
- Leaders want to strengthen sustainability without adding new initiatives.
- Schools are focused on retention, climate, and long-term educator support.

## PROGRAM SNAPSHOT



Self-paced virtual course with private podcast



THRIVE 1 & 2 each include 15 hours of learning



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



THRIVE 1 is a prerequisite for THRIVE 2

---

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

---

[Find Your Entry Point](#)

---

# 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.

## The Impact on Your School Will Be

- *Adults responding more intentionally in challenging or high-pressure situations.*
- *Greater consistency in how educators interpret and respond to everyday challenges.*
- *Stronger alignment across teams that supports classroom climate and collaboration.*

## This Matters Most When

- *Leaders want stronger alignment across staff responses and communication.*
- *Teams are navigating conflict, change, or inconsistent expectations.*
- *Schools want to deepen professional practice beyond surface-level strategies.*

## PROGRAM SNAPSHOT



Live weekly sessions, replays available, with private podcast



Redesign Your Mind 1 & 2 each include 20 hours of learning



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



Prerequisites for Redesign Your Mind: THRIVE 1 & 2

---

*Investment Range: \$5,000-\$12,000*

---

**Design Your Ideal Pathway** 

---

# 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.

## The Impact on Your School Will Be

- *Staff gaining a clearer understanding of how stress and pressure shape behavior.*
- *Teachers responding more effectively during critical classroom moments.*
- *Teams aligning around a shared approach that strengthens climate and learning.*

## This Matters Most When

- *Teams need clarity, renewed energy, and a shared direction.*
- *Leaders want to introduce a common framework for responding to everyday challenges.*
- *Schools want to strengthen alignment without adding new initiatives.*

**Popular Keynotes:** Navigating Conflict with Confidence; Elevating Emotional Intelligence

## 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

---

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

---

[Get Started](#) 

---

# 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 on Your School 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.*

## This Matters Most When

- *New teachers are feeling overwhelmed by the realities of classroom demands.*
- *Leaders want to strengthen early-career support and reduce attrition.*
- *Schools are investing in stronger mentoring experiences.*

## 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

---

*Investment Range: \$2,500-\$7,500*

---

**[Find Your Entry Point](#)** 

---

# Empowered Leadership Library

*Equips leaders to lead with clarity, calm, and conviction*

**The Challenge:** Leadership demands keep expanding while the support systems haven't kept pace. Most leaders are navigating more complexity than ever before. When leaders are running on empty, decision-making suffers, culture erodes, and everyone in the building feels it.

## The Impact on Your School Will Be

- Leaders who respond to pressure with clarity and intention, not reactivity.
- A stronger school culture shaped by leaders who are grounded and self-aware.
- Staff and students who feel the steadiness of leadership, even in challenging seasons.

## This Matters Most When

- High-pressure situations are happening regularly.
- Staff reactions are escalating situations instead of stabilizing them.
- You want leadership responses to set a clearer tone across the building.

## PROGRAM SNAPSHOT



Self-paced virtual courses



1-6 hours with lifetime access to material



Extended options include in-person or virtual workshops



No prerequisite

---

*Investment Range: \$5,000-\$10,000*

---

[Schedule a Connection Call](#) 

---

# Listen Up! Strategies for Raising Empowered Kids

*Establishes shared language across parents and educators*

**The Challenge:** Students receive mixed messages when parents and educators respond differently to behavior. This misalignment often leads to frustration and conflict between families and school staff, making collaboration harder when students need it most.

## The Impact on Your School Will Be

- *Parents and educators using shared language when responding to student behavior.*
- *Students receiving clearer, more consistent messages across home and school.*
- *Stronger relationships built on trust, clarity, and aligned expectations.*

## This Matters Most When

- *Communication between home and school feels strained or inconsistent.*
- *Parents and educators respond to behavior in very different ways.*
- *Leaders want to strengthen family partnerships and reduce mixed messages for students.*

### PROGRAM SNAPSHOT



Self-paced virtual course with private podcast



3 hours with lifetime access to material



Extended options include in-person workshop experiences

---

*Investment Range: \$2,500-\$10,000*

**Get Started** 

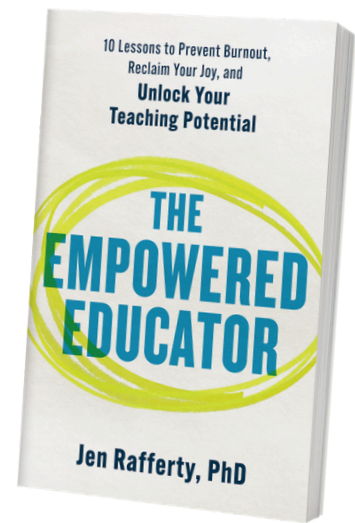
---

# 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

---

[Design Your Ideal Pathway](#) 

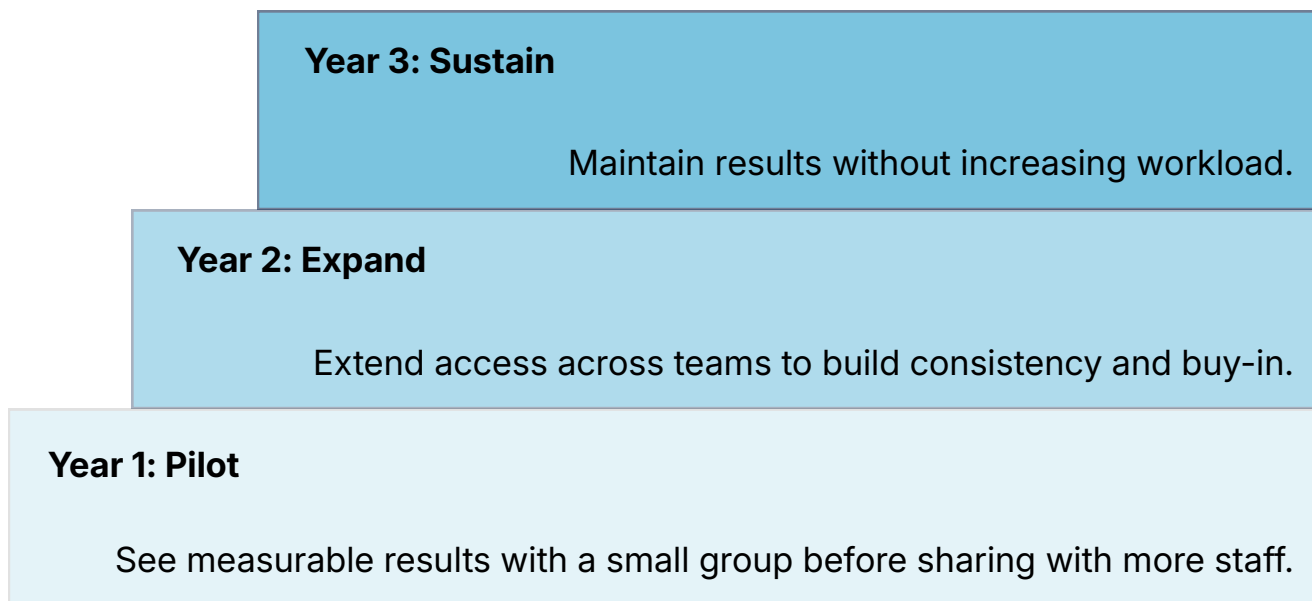
---

# Design Your Ideal Pathway

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



## Start Here:



**Schedule a Conversation**



Identify your starting point



Design your Path Forward