

EmpowerEd 

**BEAUTIFUL  
LIFE**  **SELF  
CARE**  
WITH *gracy obuchowicz*

PRESENT

# THE SOCIAL- EMOTIONAL STAFF

TRANSFORMING OUR WORK WITH KIDS BEGINS WITH US. JOIN US TO BUILD A HEALTHY, SUSTAINABLE STAFF CULTURE IN YOUR SCHOOL TO EMPOWER & RETAIN OUR EDUCATORS







**PERSONAL DEVELOPMENT FACILITATOR**  
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**SCHOOL CULTURE & VOICE FACILITATOR**  
**SCOTT@WEAREEMPOWERED.ORG**

*Does your teaching staff struggle with daily stress and/or a lack of professional trust? Do staff yearn for more voice, support and autonomy? How does this ongoing struggle affect positive engagement within your school community, retention, and the reality of your bottom line?*

Fundamental to achieving healthy work/life integration is the feeling of power and control over your life at work and the ability to translate this empowerment into a meaningful personal life.

**According to the Learning Policy Institute, it costs a school nearly \$20,000 to lose a single teacher including the costs of separation, recruitment, hiring and training. Instead, for a fraction of the cost you can retain your educators by investing in a stable and healthy school environment and better serve your students and families.**

Through our innovative workshops, teachers and school leaders will work together to identify and communicate their personal and professional needs, examine how school systems either help or harm adult school culture and explore solutions to distribute leadership and ensure staff feel heard and supported in their work.

***Ask us how to get started.***

- \* Stress Management
- \* Dealing with Trauma
- \* Building Relational Trust
- \* Authentic Listening

- \* A Culture of Voice
- \* Teacher Leadership
- \* Autonomy and Innovation

**See full details on the next page**

# SAMPLE SCOPE & SEQUENCE

**Self-Care**

**Relational  
Trust**

**Distributive  
Leadership**

Before...

- 1. Full Staff "TEAM" Survey: Teaching Environment Assessment Method**
- 2. Set up PACT (Positive Adult Culture Team)- 8-10 Teachers, Principal, 3 Administrators, 2 Related Service Providers**
- 3. Debrief Survey Results, Define Priority Areas**

The Workshops- Part 1 (Self Care and Relational Trust)

**1**

**Building Personal Resilience**

**2**

**Mastering Effective Listening**

**3**

**Communicating Needs and Boundaries**

**4**

**Engaging in Constructive Conflict**

**Self-Care**

**Relational  
Trust**

**Distributive  
Leadership**

## The Workshops– Part 2 (Professional Voice and Distributive Leadership)

**1**

**Establishing a Culture of Voice**

**2**

**Asset Mapping for Teacher Leadership**

**3**

**Professional Authority and Autonomy**

**4**

**Mapping Distributive Leadership**

During...

EmpowerEd and Beautiful Life Self-Care provide ongoing support for PACT Team Members as well as change diffusion and support work between sessions

After...

- 1.** PACT team and full staff complete final evaluation and post-survey, reflect + gauge progress
- 2.** Set ongoing work goals and plan
- 3.** Establish following SY teacher-leader roles