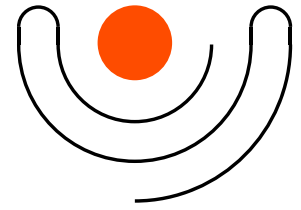


# THE Teaching Well

## A la Carte Offerings



We use a healing-centered and equity-based approaches to hold space and hone strategies for every adult in your organization. From facilities staff, teachers and superintendents, to non-profit leaders and Board members, our goal is to increase self and collective wellness for all. We stand WITH our partners to amplify collective liberation, increase retention, and improve the emotional climate within adult cultures, by offering supports at the personal, interpersonal, and systemic levels:



### Wellness and Sustainability Coaching

- Executive Coaching (\$300/hr) for individuals and leadership teams (\$500/hr)
- 30 minute Mindful Mentoring: 1-on-1 wellness coaching for any staff (\$150/session)
- Individual (\$75-150/individual session) and group clinical therapy (\$500/session)



### Holding Space for Connected Communication

- 90 min site based, regional, or org-wide professional development workshops (\$3000)
- Racial trauma healing affinity groups
- Restorative circles (\$2500)
- Restorative mediations (\$5000)
- Deceleration Days

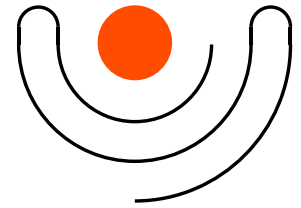


### Amplifying Educator Voices

- Landscape research analysis (\$7500)
- Keynote speaking events (\$4500)
- Admin and Staff retreat programming

# THE Teaching Well

## Experiential Offerings



These offerings are designed for your team or groups of participants to experience a deep connection to the body and each other through creativity and joy. We facilitate containers in which play and curiosity are pathways towards easing the nervous system and grounding in the present moment collectively.



### Laughter as a Somatic Practice

Participants will be affirmed in the prevalent cultural coping mechanism shared by many global majority communities: laughter and joy! Through multiple rounds of trivia and quick teachings on laughter as a wellness strategy, the community will build relationships and cultivate stress resilience.



### Art and Affirmations

Externalize powerful affirmations to promote self-confidence and empowerment! Participants will have the opportunity to play with various art mediums and stencil/sticker offerings to express themselves.



### Water Coloring for Stress Management

Watercolors are a wonderful medium to enter into a mindful state and allow authentic expression. Participants will get to play with the paint, let go, and relax!



### Self Love Bath Balms

In this session participants will create healing bath balms with bath salts, essential oils, as well as dried flowers and herbs. We will practice radical self-care and compassion to weave these intentions into our bath balms.



### Sound Bath

A sound bath can quiet the mind, relax the body, and ease the nervous system. You will experience a variety of sounds from instruments to periods of silence to voice, shared with care and sensitivity to the needs of the group. Come and receive this offering as an invitation for deep rest and connection with your body, spirit, and team.

*\*Pricing for each experience varies depending on number of participants and material costs. Please contact us at [info@theteachingwell.org](mailto:info@theteachingwell.org) for a customized quote.\**