

THE Teaching Well Services for Oregon Well-Being Trust



The Teaching Well (TTW) is a national nonprofit organization founded by teachers for teachers. We work with schools, districts, non-profits, and companies across the country to create thriving ecosystems that more effectively retain, support, and leverage the brilliance of their educators/employees. TTW delivers holistic, trauma-informed, and culturally affirming support designed to strengthen staff culture, build resilience, and increase efficacy and sustainability. Our human-centered approach blends coaching, mindfulness, somatic / body-based practices, pre-HR interventions, and professional development to ensure educators feel valued, empowered, and capable of sustaining their work long-term.

Through Contracted Well-Being Services, your organization can partner with TTW by requesting one of the following two options:



OPTION 1: Launch, Lead, and Sustain: Busting Burnout for Oregon Educators *(\$25K batched services package)*

This package includes:

- **Launch:** an in-person keynote address or a customized Professional Development workshop for your staff
- **Lead:** Monthly virtual coaching for an org leader or group coaching for up to 5 staff members
- **Sustain:** 5 part Weekly Wellness Virtual Series offered quarterly + access to “The Well”, our wellness app and online community.

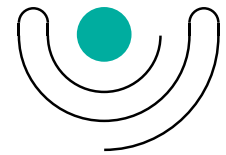


When you meet fellow travelers who get it; who get the work, who get your burden, who get the good trouble, who get the good struggle, and who get the joy of the journey... two things happen: 1) you fully realize you're not alone, and 2) the heavy work gets a little lighter and a lot more meaningful.

If any of this resonates and you're ready for transformative outcomes, then The Teaching Well are your people, and their gifts are for you...

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Chris Moore
Director of Mental Health & SEL, Salem Keizer School District

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OPTION 2: From Burnout to Balance

Select one or more of the following well-being programs to support your staff:
(not to exceed \$10k total request)

- **Retreat:** 1 day (6 hour) in-person restorative retreat up to 50 guests (\$8K)
- **Leadership Coaching:** 2x monthly coaching spread over 4-8 months between Sept-May (\$3-6K *depending on longevity*)
- **Restorative Mediation** (\$5K) ~10 hours of work, typically between 2-3 people
- **Group Coaching:** 5 part series (\$3,500)



*Professional Development Workshops:

For more context about the types of workshops offered in Option 1 or at Retreats, they typically offer 60-120 minutes of interactive learning and can be tailored to the particular audience (school leaders, teachers, classified employees, or specialized education professionals, etc). Sessions can be designed both as stand alone learning opportunities and ones that build upon each other as a series.

Topics include:

- Cultivating Stress Resilience
- Connected Communication for Diverse Teams
- Identifying Collaboration Styles
- Resting with Intention
- Navigating Uncertainty

**TTW offers a variety of trainings, our team will conduct an intake meeting to better understand your needs and evaluate which is the best PD or Keynote topic to address them.*