

THE EMPOWERED EDUCATOR



Greater educator joy, fulfillment, and excellence starts right here.



A online group learning experience for teachers' happiness, wellness, and balance—at work and beyond.

- Shift your perspective on challenges through a research-backed curriculum and empowering tools
- Enjoy energizing connections with colleagues through expert teaching and facilitation
- Tap into your own resilience through strategies that help make teaching more sustainable (and joyful!)



You'll leave The Empowered Educator with real-world, teacher-approved tools and tactics to help make this important work sustainable—and enjoyable!—for yourself.

www.teach-learn-thrive.com

Summer 2024
"express"
cohort is now
enrolling!

Space is limited.
Learn more and
save your spot:



A PEAK INTO THE THE CURRICULUM:

Defining personal resilience, understanding influential factors

Self-assessing personal resilience; identifying our own influential factors; envisioning our improved joy & resilience

Defining personal values and purpose as an educator



Hot Seat: Supporting peers in achieving goals and managing challenges

Understanding the body's stress response cycle and pinpointing ways to "complete the cycle"

Determining routines for wellness and evaluating our emotional needs

Mastering our time, setting realistic boundaries, and 'scheduling' wellness



The strategies we explore inside The Empowered Educator aren't simply suggestions or feel-good advice, but are proven techniques and practices designed to enhance your resilience and meaningfully reduce stress.

Another FYI: This curriculum is teacher-designed and 100% teacher-approved!



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*The investment for The Empowered Educator program is \$800, but it's my goal that you never have to pay on your own for it! Most teachers have success requesting PD funding for the program, and I have resources to help you ask.



LED BY SARAH DUGAN

fellow educator and founder of Teach Learn Thrive

Questions? Let's chat!

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“The collaboration with colleagues in this course gave me tangible ideas about how to reach and engage my students both academically and social-emotionally.

“It also gave me tools to understand my own needs, which, in turn, helped me to better engage and motivate my students.”

Colleen W., middle school math teacher, Bethesda, Maryland

“This course should become mandatory for all teachers!

"I have learned so much and am already seeing wonderful results, not only in my personal life, but also in my lesson planning and in my co-worker interactions at school."

Maria, kindergarten teacher, Maryland