

Breathe some **LIFE** into your Teacher Life!

Are you ready to break the cycle of putting everyone else's needs before your own?!



- Meet in a **small group of 3-5 other teachers** for 1 hour a week for 8 weeks.
- All of the sessions will be done **via phone** so you can do them from anywhere in your PJs with a cup of coffee in your hand!
- You will **laugh, grow, connect, and change!!!** Get ready for a transformative experience that will change you personally and professionally!!
- You will get a **certificate for 8 hours of PD** at the completion of the program.
- **Cost:** The cost is \$175 for the entire program if you pay upfront (that's a \$25 discount!) You can also pay in two, monthly, payments of \$100. New teachers in their first three years of teaching can also receive a discount

Spaces are limited - so Enroll Today!

www.ATeachersBestFriend.com/From-Survive-To-Thrive-Teacher-Program/

Enroll Today for 8 Weeks of Transformation, Growth, and Fun!

The 8-week Agenda:

This 8-week program jam-packed full of the very best foundational skills teachers need for thriving life:

Week 1: Self-Care – We will discuss why taking care of ourselves is so hard for us to prioritize as teachers but why it's so necessary. You will leave with specific ideas and resources for infusing self-care into your daily/weekly routine.

Week 2: Managing Your Teacher Life – As teachers we juggle a zillion balls at once. How do you manage it all? From planning, prepping and grading, to classroom routines and behavior management – we'll discuss how you can help your classroom run itself so you can move into role of facilitator instead of juggler.

Week 3: Managing Your Emotions – Teaching is emotional. We all struggle with the powerful emotions of teaching like overwhelm, stress, negativity, and frustration. On the other end of the spectrum is joy, satisfaction, gratification, and gratitude. We put up with the negative emotions because the positive ones are so worth it! But how do you stay in the moment so you don't come unglued? How do you stay grounded in the positive emotions without going negative? We'll discuss specific techniques for managing the strong emotions of teaching.

Week 4: Cultivating Balance – Teaching and Balance don't always go hand in hand. Because we never have enough time, we forget about the other areas of our lives that need attention – like our families, community, health, hobbies and fun. We'll learn how to tap back into those things in the rest of our lives that bring us joy and energy to help us beat survival mode and burn out for good!

Week 5: Learning to Say "No" – As teachers, we generally suck at saying "no" to extra things when we think it will help kids. But when we say 'yes' and our heart is saying 'no' then resentment builds. We will learn how to say 'no' gracefully and how to set boundaries with our principals and difficult colleagues. Having tough conversations is difficult when in survival mode, which is why we save this session for later in the program. You will learn how to set appropriate boundaries with professionalism.

Week 6: Remembering the 'Why' – When we get into survival mode, we forget why we started this whole crazy teacher life in the first place. We need to get reconnected with not only why we love teaching by also what about us makes teaching a good fit (or not). Specifically, we'll look at our internal values structures – what is truly important to us in life. This reflection will help you to emphasize areas about your job that fuel you versus areas that deplete you.

Week 7: Living On Purpose – Working hard without a purpose just feels futile and defeating. It's pointless. But by tapping into your life purpose and creating your own life purpose statement, you will feel invigorated and recharged to stick with it during hard times.

Week 8: Envision Your Thriving Life – As the culminating week of the program, we will discuss your personal vision for thriving life and what steps you need to take to get to your goals. You will leave the program feeling ON FIRE for teacher life again!

Are you ready to say **YES** to a life of balance, peace, and happiness?

www.ATeachersBestFriend.com/From-Survive-To-Thrive-Teacher-Program/