

# REIGNITE TEACHERS, REIGNITE EDUCATION

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The Key to Decreasing Burnout, Increasing Retention, and Fueling Fulfillment

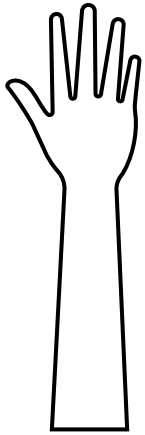
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Point up if you have  
been in education for  
more than 10 years.



Point down if you have  
been in education for  
less than 10 years.



Raise your hand if you know someone who has left teaching due to burnout, stress, exhaustion, etc.



Clap if you want to be a  
part of the change.

Asked to help with lunch duty during my lunch

Struggling with a consistently disruptive student

Learned about abuse in a student's home

SMART Board stopped working

Students didn't do well on test; causes frustration and sense of failure

Standardized test pressure

Negative faculty meeting

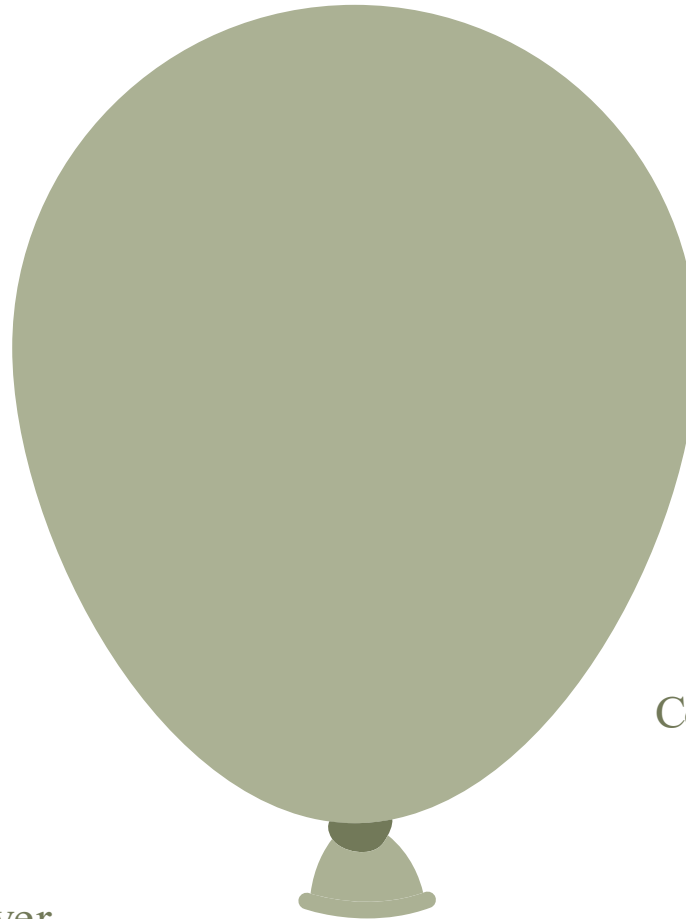
Coverage took over planning period

Copier isn't working after school; unable to make copies for tomorrow

Unruly 2nd period

Another teacher had to cover my homeroom due to traffic

Hostile parent email



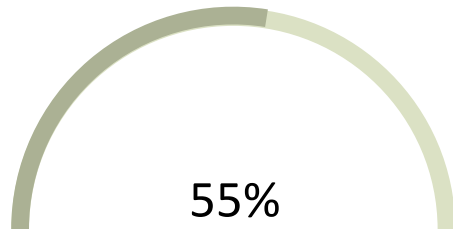
“We now have tools to find peace in our profession. Our school culture shifted to wellness-focused and the camaraderie and positivity is tangible.”

**-Rachel**

High School English Teacher  
& Instructional Coach, Utah

# WE KNOW WHY WE ARE HERE...

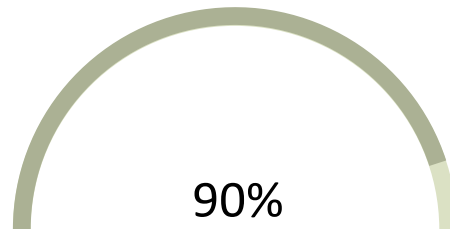
NEA



55%

Educators who plan to leave their job earlier than planned

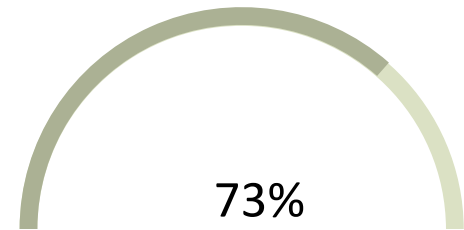
NEA



90%

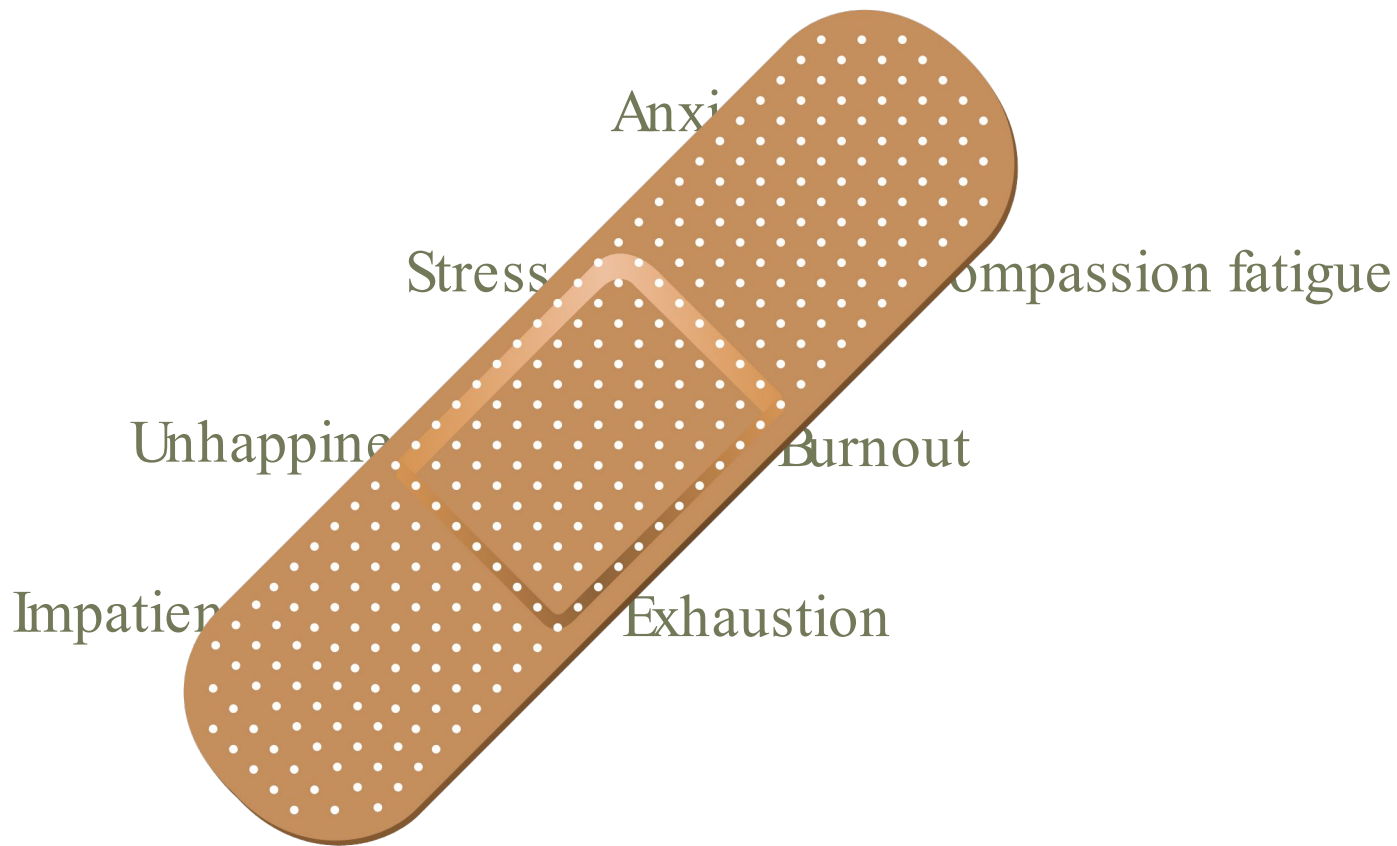
Educators who say feeling burned out is a serious problem

RAND



73%

Educators who experience frequent job-related stress



Anxiety

Stress

Compassion fatigue


Unhappiness

Burnout

Impatience

Exhaustion





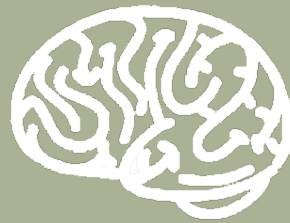
# INTRODUCING

## Whole Teacher Cohorts

DECREASE  
BURNOUT



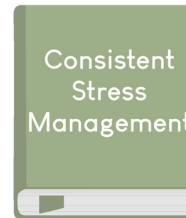
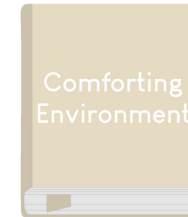
INCREASE  
RETENTION



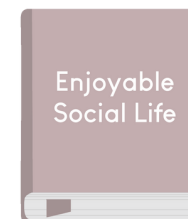
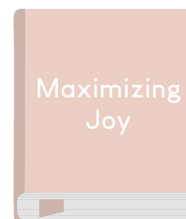
FUEL  
FULFILLMENT



POWERED BY THE  
**12**  
WHOLE TEACHER  
CATEGORIES



The  
Whole  
Teacher™



# A STRUCTURE THAT IGNITES CHANGE

1

## WELCOME & EXTENSION WORKSHOPS

Explore Whole Teacher categories in virtual, interactive workshops.

2

## THE WHOLE TEACHER WEEKLY WELLNESS GUIDE

The 25-week framework explores all 12 Whole Teacher categories through a weekly why, motivation questions, daily actions, and weekend extensions.

3

## COHORT CHECK-INS

Informal gatherings to discuss takeaways, learn from peers, and inspire connection.

# WHY CHANGE HAPPENS

1 Actionable

2 Teacher-specific

3 Holistic health

4 Consistency

5 Accountability

6 Inner growth FIRST

Teachers who prioritize their health and happiness impact their...



Coworkers



Students



School

“Our cohort has been the catalyst for positive changes at our high school. Healthy teachers supporting and uplifting each other equals positive learning for students. It has also helped unify a fairly new, large, and disconnected faculty through connecting in this cohort. We have had culture and climate problems that trickle down from admin or parents over the past few years, and this program has been empowering in helping teachers regain control of the only thing we can control-ourselves.”

-Camille  
High School English Teacher



WHOLETEACHER.COM  
@livablelearning