



**2022
PROGRAM
OFFERINGS**



Developing Whole Educators

FuelEd partners with pre-K-12 schools to develop educators' interpersonal skills, self-awareness, and emotional well-being so that every educator can build secure relationships that provide the conditions for optimal learning and development. Secure relationships have proven outcomes including self-regulation, communication skills, emotional balance, empathy, and morality, but over half of all children and adults lack these foundational relational experiences.

FuelEd fills a gap in educator preparation and development by equipping educators with the social and emotional competencies essential for building relationships in schools.

About Us

Centering Your Needs

Educator health and well-being are at the center of what we do. More than ever, districts are looking for ways to attend to the emotional lives of its educators while building a more compassionate district-wide culture.

What type of experience, knowledge building, and supports are needed to promote the changes you seek and to create a working environment in which educators across your district feel held, and valued?

Our answer: Developing the self-awareness and relationship skills of educators with FuelEd's support.



The most notable shift that people experience from our programming is the shift in how individuals see and understand themselves and their ability to take on the perspective of others, no matter their background. Just as humans learn and grow in relationship, we also heal in relationship, and this next season asks for collective healing.

Investing in FuelEd will improve the emotional well-being of your educators and will help your educators to develop key social-emotional skills. Along with these direct influencers, our partners often report other cascading changes as a result of engagement with FuelEd including: improved school culture, improved relationships with students, improved behavior support, and improved relationships with one another.



Our Solution

We offer a menu of professional development programs tailored specifically to the emotional lives of educators, followed up by support from our dynamic and caring alumni community. Browse our catalog to find out detailed information about our programs:

- **Whole Educator Collective**
- **Empathy School**
- **Trauma & Transitions**
- **Alumni Offerings**



Diversity, Equity + Inclusion

We are striving to make learning experiences as accessible as possible for as many people as possible by creating accessible and inclusive virtual and in-person event environments and applying a DEI lens to our curriculum development.

Inviting participants to process the shame narratives and emotional harm that come from being a victim of microaggressions and structural racism is part of creating a coherent attachment narrative. In addition, naming the ways in which attachment relationships, both individual and collective, create safety in the midst of collective trauma can contribute to the development of resilience.

To be trauma-informed is to ask “What happened to you?”, and to be racially trauma-informed is to ask, “What happened to your people, and what is still happening today?” Attachment history cannot be separated from collective stories of trauma around race and identity, and processing must happen through a lens that integrates both personal and collective attachment histories.

See our full Commitment to Diversity, Equity and Inclusion on our website:
www.fueledschools.org/dei



W H O L E E D U C A T O R C O L L E C T I V E

Fueling Schools Through the Power of Relationships

This Multi-day, facilitated training empowers educators in district and school leadership, teaching, and support roles (both instructional and non-instructional) to develop the interpersonal skills, self-awareness, and emotional well-being necessary to build strong relationships in schools.

Participants will:

- Develop new skills for building relationships
- Recognize the scientific impact of relationships on the developing brain and its capacity to learn
- Identify the different types of attachment styles and how to work with them
- Power up communication skills to handle challenging relationships and help others grow
- Fuel self-awareness about why certain student or adult behaviors might be triggering
- Identify their own attachment style, how it developed, and how it impacts them today
- Prioritize their emotional well-being by enhancing their self-acceptance and self-compassion
- Activate the innovative relationship practice of stewardship to support and grow one another through relationship



E M P A T H Y S C H O O L

The Art & Science of Effective Listening

This day-long training in the art and science of effective listening will help participants develop professional and personal relationships that are more productive, more satisfying, and that foster a healthy school culture where adults and students thrive.

Participants will:

- Articulate the scientific benefits of empathy
- Explore personal strengths and weaknesses in empathic communication
- Recognize “empathy blockers” and learn how to avoid them
- Demonstrate greater awareness of others’ feelings, thoughts, and needs
- Activate and practice new skills of empathic listening with adults and students
- Identify how empathy moves educators toward being secure attachment figures



T R A U M A & T R A N S I T I O N S

Staying Centered in Seasons of Change

A short program for educators that provides foundational knowledge on the science of trauma, reflective space to process personal experiences, and a research-based strategy and framework to support educators in integrating trauma informed practices.

Participants will:

- Identify how stress and trauma impact physical and emotional well-being
- Recognize the indicators of trauma and stress in ourselves and others
- Reflect on one's own experiences of trauma and loss
- Develop strategies for self-regulation and self-care during stressful transitions
- Develop skills to process and address student stress and trauma

Following the completion of any FuelEd Program, program alumni are provided access to a growing number of recurring development opportunities including exclusive Alumni Empathy Circles and access to the Stewardship Network. Other Community Gatherings and Events are open to Alumni as well as the broader FuelEd Community



A L U M N I O F F E R I N G S

Alumni Empathy Circles

Alumni Empathy Circles are 90-minute group support sessions where a small group of educators gather online to develop self-awareness, emotional wellbeing, and interpersonal skills in community with other educators. Groups meet once per month for four months with the same facilitator to create a sense of attachment and safety.

Community Gatherings & Events

Community Gatherings and Events are recurring opportunities to connect with like-minded individuals and hear from education leaders nationwide who are putting FuelEd values into practice. Select alumni and community members may be invited to serve as featured speakers, sharing how they've applied FuelEd teachings in their contexts.

The Stewardship Network

The FuelEd Stewardship Network pairs FuelEd alumni nationwide who engage in an ongoing care and support practice called Stewarding. Stewards meet weekly, each session alternating between empathically listening and genuinely sharing with their steward. This four-month-long stewarding experience creates the foundation for a new kind of relationship rooted in safe boundaries with benefits that extend far beyond the initial commitment.

Community Gatherings & Events

Community Gatherings and Events are recurring opportunities to connect with like-minded individuals and hear from education leaders nationwide who are putting FuelEd values into practice. Select alumni and community members may be invited to serve as featured speakers, sharing how they've applied FuelEd teachings in their contexts.

"I feel empowered and hopeful. It was awesome to connect with other educators."

– Community Gathering Attendee

Why should I attend Community Gatherings & Events?

Community Gatherings and events amplify the voices of education leaders to share how they are utilizing FuelEd principles to create positive change through relationship-driven people, practices, and systems. The space is open to anyone interested in developing relationship-driven approaches, connecting, learning, and growing in community.

By attending you will:

- Benefit from hearing insider details, experiences, and stories of impact from FuelEd Alumni who are centering relationships in their communities
- Develop new knowledge and skills to support you in implementing relationship-driven practices
- Increase motivation and connection by engaging with like-minded peers
- Network with other educators nationwide doing similar work

How do I register, or request to be a Featured Speaker?

Community Gatherings are posted on FuelEd's Event Page (fueledschools.org/events). Feel free to register for as many as you're interested in attending. If you are a FuelEd community member who is seeing the impact of FuelEd principles in your sphere of influence, email community@fueledschools.org to be considered as a Featured Speaker for an upcoming Community Gathering.

The Stewardship Network

The Stewardship Network pairs FuelEd alumni nationwide who engage in a practice of ongoing care and support called Stewarding. Stewards meet weekly, each session alternating between empathically listening and genuinely sharing with their steward. This four-month-long stewarding experience creates the foundation for a new kind of relationship rooted in safe boundaries with benefits that extend far beyond the initial commitment.

Why should I join?

In order to grow in secure attachment, we need secure relationships that provide us with repeated experiences of feeling seen, heard, and valued. This is what your steward is for: a relationship where you can receive for yourself the kind of care you often only offer others.

Stewarding also provides:

- A listening ear to further explore relationships or past trauma
- Support and accountability in meeting personal development goals
- Consistent space to process through emotions in order to prepare for difficult conversations
- Practice grounds for listening, offering empathy, and being honest and genuine



"There's no other time in my week where I have an hour to speak uninterrupted about something of emotional weight. It's good for my mental health and has made me a better person to be around. Stewardship encourages me to just stop talking and listen."

– Educator & FuelEd Alumni

How do I join the Stewardship Network?

#1 Register

Complete all questions in our Stewardship Network Application which will provide us with key information to get you paired and set up for an upcoming orientation (www.fueledschools.org/surveys).

#2 Attend Orientation

The orientation will provide key information and learning to prepare you and your steward to engage with clarity and safety in stewardship.

Alumni Empathy Circles

Alumni Empathy Circles are 90-minute group support sessions where a small group of educators gathers online to develop self-awareness, emotional wellbeing, and interpersonal skills in community with other educators. Groups meet once per month for four months with the same facilitator to create a sense of attachment and safety.

"I felt very supported and heard in a safe space where I could express my feelings. This space is so helpful in overcoming the trauma of this year both personally and professionally. Speaking with other teachers makes me really feel understood, too."

Why should I attend?

Alumni Empathy Circles provide a confidential, safe space to discuss concerns, stressors, and emotions openly and honestly with FuelEd alumni from across the country.

By attending you will:

- Increase hope and diminish isolation by engaging with peers experiencing similar challenges
- Observe, practice, and enhance interpersonal skills such as listening skills and communicating in direct, healthy, and appropriate ways
- Reduce stress and increase emotional regulation and wellness
- Develop compassion for self and others
- Heal and grow personally, enabling more secure relationships with adults and children

How do I register?

Complete all questions in our the Empathy Circles Section of our Alumni Community Registration Form which will provide us with key information to get you placed in an Empathy Circle Group (www.fueledschools.org/surveys).

FuelEd Engagement Journey

SAMPLE SCOPE & SEQUENCE

01

Building a Foundational Experience

- 20% of the district attends an introductory workshop or events
- A select group of up to 50 educators to attend our intensive 16-hour training through our Whole Educator Collective
- Select 2-4 pilot campuses or cross-district roles (eg. all counselors) to experience our 5 hour Empathy School

02

Catalyzing leaders & Supporting Development

- Incentivize alumni attendance at FuelEd's Empathy Circles to provide leaders with consistent emotional support and a safe place to feel seen.
- Select leaders to attend the Stewardship Network session to develop a peer-to-peer support practice for district-wide implementation

03

Sustaining Growth

- Select leaders to guest for an alumni-speaker event and speak to FuelEd's impact and changes to practices, policies, or behaviors.
- Scale FuelEd through asynchronous training with access to our video modules and facilitation guide

Pricing & Program Delivery

C O S T & I M P L E M E N T A T I O N

01

**WHOLE EDUCATOR
COLLECTIVE**

\$800 per person
12 hours of training

02

EMPATHY SCHOOL

\$10,500 per cohort
5 hours of training

03

**TRAUMA &
TRANSITIONS**

\$3,250 per cohort
1.5 hours of training

04

**ALUMNI
OFFERINGS**

Free for alumni
Times vary

D E L I V E R Y P R O T O C O L

To best accommodate the safety of participants and ensure the most high-quality learning, FuelEd offers its programs virtually and in person. FuelEd will identify the best delivery method for each of its programs based on the client's context but will work to honor alternative preferences or needs. Please note:

- All training (virtual and in-person) is designed to accommodate up to 50 people in a cohort.
- Any in-person trainings will include an additional travel and safety fee at 15% of the total delivery cost to ensure the physical needs of our trainers and the safety of all are being cared for.

FuelEd Implementation Team

T H E P E O P L E C A R I N G F O R Y O U

The FuelEd Team is composed of diverse experts in the fields of education, mental health and adult professional development. Having served educators nationwide for nearly a decade, our team is well equipped to meet the growing and evolving needs of many teams across contexts. Below are some of our core implementation team members.

Visit our website to "meet" our full team: www.fueledschools.org/our-team



Sarah Mushlin
Sales Partnerships



Grace Ifeanyichukwu
Sales and Operations



Jasmine Barnes
Alumni Development



Shundra Cannon
Trainer



**Angelina
Hudson-Brown**
Trainer



Brian Jaffe
Trainer



THANK YOU!

We look forward to working with you!



[FUELED SCHOOLS.ORG](https://fueledschools.org)



fueledschools



fueledschools



fueledschools.org/subscribe



fueledschools

Email

info@fueledschools.org

**Please feel free to reach out
directly to
info@fueledschools.org with
additional questions or
thoughts.**