

Teaching Well TLC PLCs
Prepared for Township of Union Public Schools

Proposal prepared by:
Danielle Nuhfer
Founder of Teaching Well
Professional Development Facilitator
Author of *The Path of the Mindful Teacher*

danielle@teachingwell.life
610-823-9010
teachingwell.life

Rationale

With more and more of our students coming to schools experiencing a myriad of challenges, it is even more important to create safe spaces where they can learn. Students can learn when they feel safe, but creating that kind of environment requires the engagement and leadership of adults who practice maintaining their own well-being so they have tools to support the unique challenges that arise day to day in the classroom and the school building.

Reducing and managing educator stress while increasing health and well-being is part of a formula for promoting a healthy classroom and school environment. Retaining educators and providing them with tools to increase mindful awareness can translate into increased effectiveness in their role in the classroom. Supporting their ability to cope with the demands of the classroom and bolstering their own well-being is a necessity and can result in positive implications for students' learning and school success.

One way to support teacher well-being is to create opportunities to learn, practice, and experience these tools in facilitated spaces.

TLC PLC Overview

Specifically, this facilitated space is called a *TLC PLC*. The opportunity is a way to offer space to educators to not only support their well-being but also learn tools and techniques that can help support their students' well-being.

The concept of a TLC PLC is to normalize self-care and to build a caring and supportive community among staff members. By considering allies of self-care as part of a professional learning community, staff members can begin to more creatively and openly bring these practices to the classroom and school.

The TLC PLC sessions will be facilitated by Danielle Nuhfer of Teaching Well.

After spending about 20 years as a classroom teacher, Danielle wrote *The Path of the Mindful Teacher* which chronicles her own journey of burnout and how she found a self-care and mindfulness practice that transformed her from the inside out.

She is a certified Mindful Schools Instructor and ICF credentialed coach. She also founded *Teaching Well* which partners with like-minded school districts to work with educators and students through professional development facilitation, book studies, online courses, and teacher wellness coaching.

The TLC PLC is offered seasonally. There are four TLC PLCs in each school year.

The sessions are organized seasonally and themed based on the flow and feel of that particular time of the school year. The TLC PLC is designed specifically to support teachers through all of the different challenges a school year brings. The way an educator feels at the beginning of the school year is much different than the end. And there is an opportunity to support health and well-being in a much different way in the summer versus after winter break.

School districts can opt to choose to participate in as many or as few of these eight-week sessions as they deem necessary. However, the benefit of choosing ongoing support is teachers having a set routine and way to build their own mindful self-care practice throughout the ebbs and flows of the school year.

Each week, participants will gather virtually and be led through a supportive mindfulness self-care practice. The theme of each week will vary, but each meeting will follow the same general routine.

There is an added benefit of being in a supportive community with a diverse group of educators, as these meetings are open to all school districts who are working with Teaching Well.

The purpose is to provide a space for educators to go and a routine for them to follow to support their own health and well-being so that they can better support their students.

Participants can choose to come to one or all of the sessions. See calendar/outline below for full details.

Outcomes

Teaching Well helps school leaders retain their best teachers by building programs into the teacher training that prioritizes teacher well-being. The TLC PLC is a program that will provide staff with a consistent space to help support these needs. Further, it allows all staff members a low-risk, high reward opportunity to try as many sessions as comfortable. Having choice in professional development is integral in its success. The TLC PLCs are designed specifically for this outcome.

When staff well-being is prioritized the probability for effective teaching and learning is increased, so the staff, students, and school are positively impacted.

Investment for School District

The proposal is based on 30-40 participants. Given these numbers, the investment is ~~-\$2500~~ \$2350* and will include:

- FOUR virtual meetings
- Zoom link for meeting room
- Recordings of weekly mindfulness practice
- Recordings uploaded to Teachable for easy access
- Welcome email template to send to staff before the four-week session
- Check-ins with school leader as needed

*A reduced rate of 10% will be awarded to Township of Union Schools because they are one of Teaching Well's returning schools.

Conclusion

Please contact Teaching Well or Danielle Nuhfer with any comments, questions, and/or concerns. We look forward to continuing this work supporting your staff in a way that is purposeful and impactful to their well-being and increases the well-being of both the educators and their students so that teaching and learning can more easily occur.

SUMMER TLC PLC 2023

Summer TLC PLC Plan

- Day/Dates: Thursdays
July 6, 13, 20, 27
- Time: 3:30-4:15/4:30**
- Welcome email TEMPLATE will be sent to the school leader at the beginning of each four-week session. Please feel free to modify as needed.
- Zoom link will be provided for gathering and to share with all interested staff.
- Opening mindfulness practice will be recorded to share with those who could not attend.

School District Responsibilities

- Build in ways to remind staff of the weekly meetings.

General Session Outline

- Greeting
- Brief Check-in
- Theme/Topic introduction (see below)
- Mindfulness Practice (~20 minutes)
- Differentiated options for extending the practice (depending on group size and topic):
 - Breakout rooms
 - Journal questions
 - Activity
 - Individual processing time
- Debrief as a whole group making connections to classroom/school as relevant
- Suggestions for practice during the week/time between sessions
- Closing reading
- Reflection activity

DATE	TIME	Tentative THEME/TOPIC
July 6, 2023	3:30-4:30	Waking Up to the Autopilot
July 13, 2023	3:30-4:30	Keeping the Body in Mind
July 20, 2023	3:30-4:30	Power of Perspective
July 27, 2023	3:30-4:30	Don't Believe Everything You Think

**Session will be approximately 45 minutes but the facilitator will stay on for up to 15 minutes answering questions, giving support, offering suggestions, and listening as needed. Facilitator email will be provided as an additional support.