

EMOTIONS MATTER.

Evidence-Based

SOCIAL & EMOTIONAL LEARNING OUTCOMES:

On average, schools that invest in a school-wide SEL program see:

- an 11% increase in academic performance
- an \$11 to \$1 return on investment for every dollar spent on SEL
- increases in positive behaviors and attitudes
- decreases in negative behaviors, conduct problems, bullying, office referrals and suspensions.

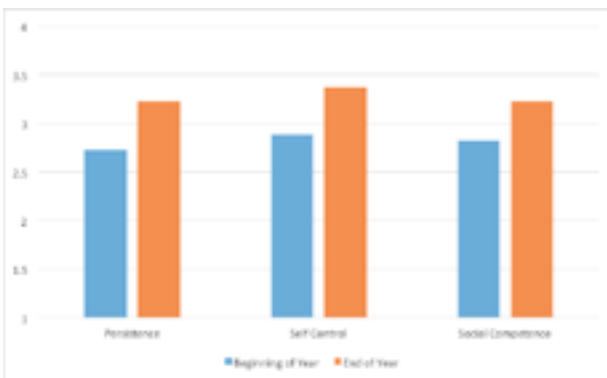
MINDFULNESS OUTCOMES:

A growing body of research shows that mindfulness is an effective school-wide intervention that leads to:

- Improved academic performance
- Decreases in out of school suspensions and expulsions
- Improved behavioral outcomes for Tier 1, 2, & 3 students
- Increases in positive emotions and attitudes about school
- Enhanced relationships
- Decreases in anxiety, stress, and depression
- Decreases in teacher burnout
- Improved memory, attention, and focus

OUR OUTCOMES:

- Third-party evaluations of Empowering Minds Curriculum revealed statistically significant increases on measures of student Persistence, Self-Control, and Social Competence.
- Further evaluations revealed that Empowering Minds is an effective support for Tier 3 behavior students.



ABOUT US

NON-PROFIT

EXPERT COACHES

COLORADO BASED,
AVAILABLE NATIONALLY

EE strives to foster a sense of empowerment in the 21st Century student that drives them to seek healthy, positive relationships with their friends, family, and in their community, ultimately resulting in positive contributions to society as a whole.

Effective SEL is about much more than any curriculum, so we work together to create school-wide culture shifts and practices to support the healthy emotional development of students and staff. Empowering Education provides impeccable support to schools in meeting SEL requirements through high-quality service inclusive of:

- Our comprehensive, standards-aligned mindfulness-based K-8 SEL curriculum: Empowering Minds
- Engaging professional development opportunities
- School-wide implementation guidance and coaching
- School-family partnership assistance and programming
- Whole Child support consulting

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MEANINGFUL LIVES BEGIN IN THE CLASSROOM

EMPOWERING MINDS

COMPREHENSIVE MINDFULNESS-BASED SOCIAL & EMOTIONAL LEARNING

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TRAINING MATTERS.

Professional Development Offerings

Empowering Education offers engaging, high-quality professional development designed with educators in mind. Our expert facilitators create dynamic learning experiences to generate teacher buy-in and deliver practical strategies on the topics of:

SOCIAL & EMOTIONAL LEARNING

This experiential workshop provides an introduction to the 'what, why', and 'how' of social & emotional learning.

MINDFULNESS

Our expert mindfulness coaches make mindfulness accessible to all through direct and immediate experience.

TRAUMA INFORMED SCHOOLS

Participants will leave with a novel understanding of how trauma impacts health, behavioral, and academic outcomes and new strategies for trauma-informed teaching.



Empowering Education's trainings were informative, engaging, and generated the buy-in we needed to hit the ground running. Our teachers have a whole new way of understanding and responding to challenging behaviors.

Frank C.
K-8 Administrator, Denver Public Schools

WHOLE CHILD WHOLE SCHOOL WHOLE FAMILY

EMPOWERING STUDENTS

- Age-appropriate K-8 Mindfulness-Based Social & Emotional Learning (SEL) Curriculum: Empowering Minds
- Empower students with the skills of self-awareness, self-management, social awareness, relationship skills, and responsible decision making

EMPOWERING EDUCATORS

- Engaging professional development opportunities & online training videos
- Empowers educators with fully scripted lessons and clear guides on how to integrate SEL skills with academic success
- Experiential, fun, focused and teacher friendly lessons – for educators of all experience & skill levels.
- Easily accessible online portal and ongoing staff support.

EMPOWERING SCHOOLS

- Partnership model to ensure effective school-wide culture shifts and practices
- School-wide implementation guidance and coaching.
- Fully aligned with CASEL's best practices, Common Core Standards, CO Academic Standards, 21st Century Student Learning Outcomes, and the intent of the new federal Every Student Succeeds Act (ESSA).
- Whole Child support consulting.
- Affordable programs

EMPOWERING FAMILIES

- School-family partnership assistance and programming.
- Home-school supported lessons.
- Library of resources including activities, books, videos, podcasts and games

AFFORDABILITY MATTERS.

Individual & School-Wide Pricing

Did you know?

Research indicates that social & emotional learning is most effective when implemented school-wide. We strongly recommend our school-wide licenses to support best practices.

K-2 OR 3-5 OR 6-8 Individual Access	K-5 Individual Access	K-8 Individual Access
USD 99 _{year}	USD 149 _{year}	USD 249 _{year}
<ul style="list-style-type: none"> • 30 Core Content Lessons • 30 Academic Extensions • Video Tutorials • Library Access 	<ul style="list-style-type: none"> • 60 Core Content Lessons • 60 Academic Extensions • Video Tutorials • Library Access 	<ul style="list-style-type: none"> • 90 Core Content Lessons • 90 Academic Extensions • Video Tutorials • Library Access

K-2 OR 3-5 OR 6-8 School-Wide License	K-8 School-Wide License
USD 2,000 _{school - 100 users max}	USD 4,500 _{school - 100 users max}
<ul style="list-style-type: none"> • Unlimited Access for all school staff • Professional Development Included • Ongoing Implementation Support Included • 30 Core Content Lessons • 30 Academic Extensions • Video Tutorials • Library Access 	<ul style="list-style-type: none"> • Unlimited Access for all school staff • Professional Development Included • Ongoing Implementation Support Included • 90 Core Content Lessons • 90 Academic Extensions • Video Tutorials • Library Access