



Fueling Schools with the Power of Relationships



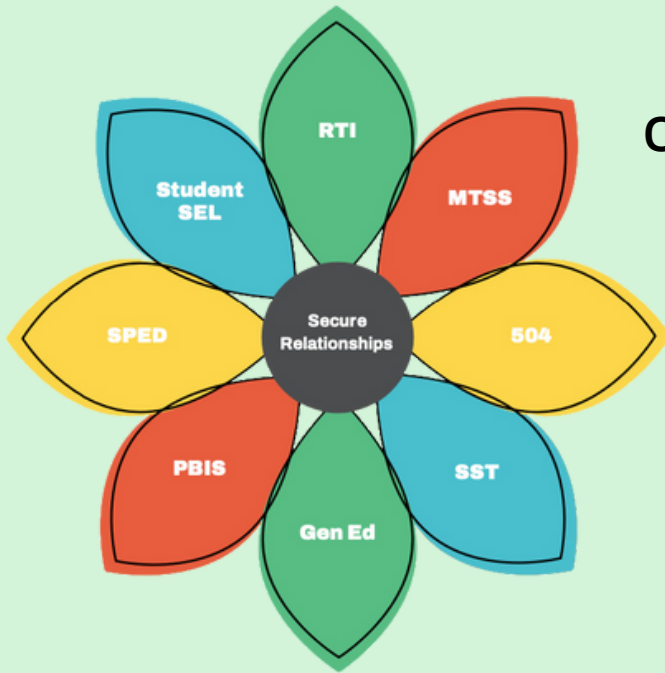


Leveraging secure relationships to heal trauma in educators and students, so teaching and learning can thrive.

ABOUT FuelEd

For over 10 years, FuelEd has partnered with districts, schools, and charter management organizations across the country to create emotionally healthy, relationship-driven school environments where educator and student well-being, as well as learning and growth, all thrive.

Relationships, specifically strong, secure relationships, are central to advancing student success and social-emotional learning as well as supporting their mental health needs. FuelEd has translated research-based best practices from developmental and counseling psychology and social neuroscience into practical and applicable training for educators that equip them with the skills for building secure relationships. Our transformative programs strengthen the relationships that drive learning and create the sense of connection and belonging that are the foundation of every successful school community.



Central to the success of the many initiatives to advance student success are strong, secure relationships.

Partnering with FuelEd helps schools and districts build those relationships.

FuelEd programs develop educators' understanding of how to build secure relationships and what trauma-sensitive practice and support for student mental health truly require—the ability to teach and lead from a place of self-awareness, empathy, and social-emotional competence. Our professional learning is experiential and therapeutic, helping to heal trauma and improve the mental health and emotional wellness of educators as well as the students they serve.

Our programs range in duration and intensity. We have a two-day foundational workshop, a one-day workshop, a capacity-building program, and even a short introductory ninety-minute virtual workshop. This varying length of programs meets the needs of partners looking for stand-alone professional learning.

Longer-term partnerships with districts and schools include contextualization and customization of our programs to create a more comprehensive intervention that combines and scaffolds our individual training to embed and sustain relationship-driven teaching and learning and cultures of collective care.



WHOLE EDUCATOR COLLECTIVE

2-Day Intensive Professional Learning

BUILDING THE RELATIONSHIPS THAT SUPPORT LEARNING

Whole Educator Collective builds self-awareness and develops the social-emotional learning and relationship-building skills of those working within a school community.

This foundational professional learning:

- Equips educators with the core competencies for building the relationships that drive learning.
- Builds educator understanding of the science of attachment theory.
- Develops educator self-awareness, relationship-building skills, and social-emotional competencies.
- Provides a science-based framework for fostering a climate of belonging where all students feel safe, seen, and understood.

Hands down, the best professional development I've ever attended in my life! It was so inspirational and just what I needed - a refuel, rejuvenation, and clarification on so many levels.

The four components of our Whole Educator Collective workshop are:



The Science of Relationships



Secure Communication



Attachment Styles & Stories



Self-Acceptance & Empowerment

S C I E N C E & S K I L L S

In FuelEd's Whole Educator Collective workshop, teachers and leaders:

- Recognize the impact of relationships on the developing brain and its capacity to learn
- Build communication skills to handle challenging relationships and help others grow
- Develop self-awareness about student and adult behaviors that 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-compassion



EMPATHY SCHOOL

1-Day Professional Learning

THE ART & SCIENCE OF EFFECTIVE LISTENING

Districts whose teachers and leaders take part in FuelEd's Empathy School workshops quickly and efficiently gain communication skills that will allow them to build stronger, more productive, and satisfying relationships with students and colleagues in their classrooms and schools.

This professional learning:

- Provides a deep dive into a key driver of secure relationships—empathic communication and the ability to make others feel safe, seen, and heard.
- Gives educators the opportunity to explore and experience the art and science of empathic communication.
- Builds skills around effective listening and how to see another person's perspective and communicate understanding using a technique called 'mirroring.'

The components of our Empathy School workshop are:



Empathy & Its Benefits



Communicating Empathy

Empathy School gives educators the experience of both being the one showing empathy and being the one shown empathy. The training was informative, cathartic, and gave me communication skills I can use in real life situations at school.

SCIENCE & SKILLS

In FuelEd's Empathy School workshop, teachers and leaders learn how to:

- 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' perspectives, feelings, thoughts, needs, and values
- Activate and practice new skills of empathic listening with adults and students
- Practice staying out of judgment
- Identify how empathy moves educators toward being secure attachment figures



G R O W I N G E M P A T H Y

1-Day Professional Learning

CREATING AN EMPATHIC CLIMATE OF COLLECTIVE CARE

A powerful, cost-effective, capacity-building model designed to scale empathic communications and relationships throughout an entire school and/or district.

Growing Empathy transfers knowledge and skills from FuelEd to district leaders and educators with the following capacity-building components:

- Two, 3-hour facilitator training sessions
- Full access to FuelEd's Growing Empathy learning platform including new, rich video content, a comprehensive facilitator's guide, and detailed participant workbook (8 hours of lessons)
- Flexible delivery model for implementation—designed to fit within existing school schedules
- Up to 8 hours of coaching support throughout the year for facilitators
- Up to 3 hours of progress monitoring and implementation support for district leaders

Schools can be stressful places but, if everyone follows the components of the Growing Empathy series, then I think that they would have the tools needed to achieve a more positive outcome.

Growing Empathy includes four learning modules:



Empathy As a Healing Force



Developing Empathy through Perspective Taking



Empathic Communication



Empathic Communities

S C I E N C E & S K I L L S

Growing Empathy is a follow-up to either our Whole Educator Collective or Empathy School professional learning that:

- 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’ perspectives, feelings, thoughts, needs, and values
- Activate and practice new skills of empathic listening with adults and students



EMPATHY CIRCLES

Four+ 60-minute Virtual Circles

EMPATHY IS AT THE HEART OF TRAUMA-INFORMED PRACTICE

Facilitated group spaces designed to support educators' feeling calmed and cared for through emotionally safe, peer-to-peer relationships.

By fostering a climate of collective care that goes over and above an emphasis on teacher self-care, Empathy Circles provide districts with a means to demonstrate supportive leadership in support of system-wide teacher renewal and retention.

Every time I leave an empathy circle, I am surprised by how common the human experience is for my fellow teachers. I felt very supported and heard in a safe space to 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.

In FuelEd Empathy Circles, educators



Experience a Safe Space



Practice Vulnerability



Co-regulate in Community



Grow & Self-Reflect

SCIENCE & SKILLS

In FuelEd's Empathy Circles, teachers and leaders:

- Practice self-empathy and develop their perspective-taking skills by sharing their problems, feelings, thoughts, needs, and values
- Experience empathy through mirroring and engage in empathic listening, a critical tool for trauma-informed practice
- Improve their ability to self-regulate from states of stress to calm through co-regulation
- Increase their capacity to offer empathy and care to others



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

1.5 Hours

SELF-CARE AND CARE FOR OTHERS CANNOT BE SEPARATED

Trauma & Transitions provides a powerful overview of the impacts of trauma on learning and relationships, as well as an introductory exploration of relationship and self-care strategies for addressing stress.

This workshop 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-sensitive practices.

STAYING CENTERED THROUGH SEASONS OF CHANGE

Both educators and students need secure relationships in order to develop resilience through change and stress. Trauma & Transitions provides an accessible springboard for building stronger relationships and self-awareness.

S C I E N C E & S K I L L S

In FuelEd's Trauma and Transitions Workshop, teachers and leaders:

- 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

**This was an outstanding
and impactful session
that will truly stick with
me for years to come.**

THE *FuelEd* DIFFERENCE

FuelEd offers our district partners a different kind of professional learning experience for their educators as summarized below.

1. A focus on the 'Whole Educator'

FuelEd's programming aligns with the CDC's Healthy Schools - Whole School, Whole Community, Whole Child (WSCC) - model that sees teachers and students as situated within and deeply impacted by their environments. Our programs center on the need for adults and students alike to feel safe and supported in their environments. Learning at any age happens in the context of meaningful relationships. Our programs hone in on the network of relationships that exist within district and school ecosystems that can support the creation of healthy, secure, and positive social and emotional climates.

2. Relationship-building for collective resilience

While many educator wellness programs and mental health efforts focus on self-care, FuelEd programs focus on collective care amongst groups of educators and building educator resilience through relationships. We aim to catalyze a shift towards more human connectivity in support of healthier school climates.

3. Therapeutic and transformative

FuelEd programs combine personal AND professional development. Knowledge and skills alone won't suffice when teaching or leading gets tough. Our professional learning goes deeper. Reflection, self-awareness, and social-emotional learning are woven throughout. FuelEd programs are deeply personal, therapeutic, and exploratory. They are transformative or, as participants often tell us, 'life-changing.'

4. Deeply experiential professional learning

Experience is the best teacher. Unlike traditional "sit-and-get" professional learning, FuelEd programs give educators the opportunity to experience how feeling safe, seen, and soothed promotes well-being, learning, and growth. Our professional learning is structured in a way that creates emotionally safe spaces where educators feel they can comfortably share their stories without judgment. They experience empathy and the power of secure relationships to support self-exploration and professional development. This leads to longer-lasting changes in behaviors and practices, driven from within.

THE *FuelEd* DIFFERENCE

5. Constructivist learning

Our programs use a constructivist learning approach that encourages participants to actively engage and make sense of new information. Our programs encourage educators to share and reflect on their own professional and personal stories and make meaning from their past experiences. Our programs have ample time for activities, practice, individual reflection, and group discussion. Participants process information, develop new schemas, and personalize and apply their learning. Educators grow as individuals and practitioners.



6. A different scientific-base

Most professional learning for educators is derived from pedagogy, theories of learning, or behavioral science. FuelEd programs draw upon the rich scientific research around relationships found in attachment theory, developmental psychology, and interpersonal neurobiology. Our programs provide a refreshing new lens for looking at how to support learning, exploration, and growth. We bring a relationship-first perspective to help educators discover new ways to improve teaching and learning.

7. Diverse and highly-trained facilitators

Our programs are led by a diverse and exceptional cadre of facilitators. FuelEd facilitators are experts in creating safe spaces where participants can be vulnerable, share challenges, reflect, and grow. They are part witness and part guide who patiently allow the learning to unfold.

8. Uplifting, inspiring, and empowering

As a result of these differences, FuelEd professional learning uplifts, inspires, and empowers. While other professional learning programs add to an educator's load, our programs make the load feel lighter. Teachers and leaders leave FuelEd professional learning feeling mentally and emotionally supported. They feel better equipped to lean into the hard work of advancing the well-being, social-emotional learning, and academic performance of their students.

OUR *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 over a decade, our team is well-equipped to meet the growing and evolving needs of schools and districts across contexts.



FuelEd's *Impact*



19,500

Educators & Leaders
benefitted from
FuelEd programs
since 2012



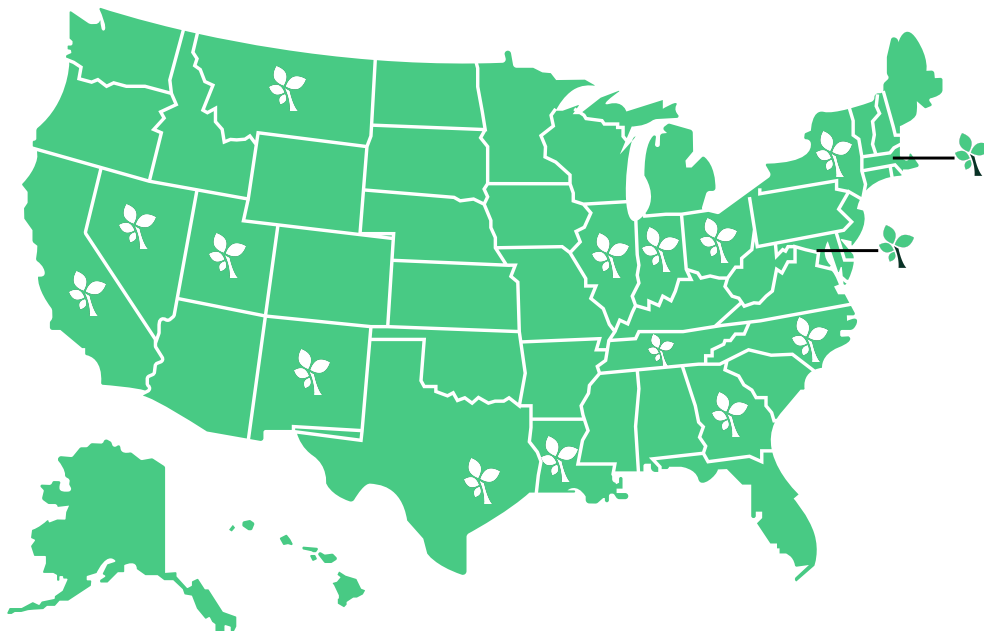
160,000

Texas Educators
reached virtually
through a powerful,
trauma-informed video
series launched during
the Covid pandemic

45 District
partnerships



in **16** states



FuelEd's *Impact*

of educators report that FuelEd has helped them improve relationships with students.

92%

of educators report incorporating one or more relationship-building strategies into their practice.

92%

of educators reported being highly likely to recommend FuelEd programming to their colleagues.

91%

of educators agreed or strongly agreed that FuelEd had a positive impact on their schools.

78%

of educators acknowledged that FuelEd helped them build stronger relationships with their students.

77%

of educators report an increase in ability to see others through the lens of their story & trauma.

70%

WHAT EDUCATORS SAY

I plan to apply my learning by using collaborative problem-solving to work with my RTI Tier 3 Behavior students to help them engage in emotional regulation exercises through empathy and genuineness.

This is a beautiful way of teaching us how to handle mental health by digging into the root cause. By attaining balance and equilibrium as a person, you can become a better source of secure attachment for your students.

OUR Partners

For over 10 years, FuelEd has been partnering with districts and schools to fuel them with the power of relationships as the foundation for the success of all other initiatives. Here are just a few!





Empowering educators with the core competencies to heal trauma in themselves and others so teaching and learning can thrive.



To explore bringing FuelEd programs to your school or district and for information on program pricing, email us at:

partnerships@fueledschools.org

WE LOOK FORWARD TO PARTNERING WITH YOU!



FUELED SCHOOLS.ORG



partnerships@fueledschools.org



fueledschools