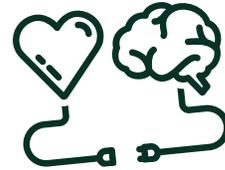




# WHOLE EDUCATOR COLLECTIVE

**Fuel your school with the power of relationships!**

The research is clear:  
secure relationships boost academic success and reduce educator burnout.



**FuelEd's Whole Educator Collective** is a series of experiential workshops that **transforms school climate** by empowering educators to **build secure, supportive relationships**. By strengthening social-emotional skills, these workshops enhance educator well-being, support staff retention, and **create a positive learning environment where students can thrive academically**.

**Our interactive Whole Educator workshops explore the...**



**SCIENCE**



**SKILLS**



**SELF-AWARENESS**

**...of relationships to provide a foundation for connection, care and community in schools.**

## OUR IMPACT

**93%**

Participants who report an **increase in their ability to address students when they are emotionally dysregulated.**

**90%**

Participants report feeling **a greater sense of emotional well-being.**

**75%**

Participants report having **more positive teacher-student relationships.**

**Our expert facilitators will guide participants to:**

- Recognize the impact of relationships on the developing brain and its capacity to learn
- Develop resilience by identifying student and adult behaviors that are emotionally activating
- Power up communication skills to build trust and navigate relationship challenges
- Fuel self-awareness by exploring personal relationship patterns, how they developed, and how they continue to impact life today
- Cultivate emotional well-being by practicing self-acceptance and self-compassion



**Receive an exclusive preview of The Whole Educator Collective:**

 [bit.ly/WEC-Preview](https://bit.ly/WEC-Preview) 





# PROGRAM OVERVIEW

| Workshop                                    | Description  | Objectives   |
|---|--|--|
| <b>The Science of Relationships</b>         | Discover why relationships are critical to learning and growth, and how your role as a "secure attachment figure" can support the type of relationships that change lives—and schools that change the world.                             | <ul style="list-style-type: none"><li>Identifying the impact of relationships on the brain and its capacity to learn</li><li>Distinguishing the types of relationships that promote learning from those that don't</li><li>Self-assessing your own ability to build relationships that drive learning</li></ul>  |
| <b>Emotional Activators</b>                 | Build critical knowledge on experiences and behaviors that get under your skin, activate blaming and shaming tendencies, and learn how to better regulate your nervous system to manage stressful moments.                               | <ul style="list-style-type: none"><li>Identify what happens in our bodies and brains when dysregulated</li><li>Uncover the behaviors and experiences that are more likely to rile you up and stress you out</li><li>Increase your resilience to better regulate and respond when dysregulated</li></ul>  |
| <b>The Healing Power of Empathy</b>         | Learn the art and science of effective listening, practice new ways of attuning to others, and communicate understanding to support you in building relationships across lines of difference.  | <ul style="list-style-type: none"><li>Define empathy and its benefits</li><li>Take others' perspectives and recognize others' emotions</li><li>Communicate understanding of others and stay out of judgment</li></ul>  |
| <b>Real Talk</b>                            | Unleash your authentic voice by learning what holds you back from honest and vulnerable moments, and how to develop new ways of expressing your genuine thoughts, feelings, and needs to strengthen relationship trust and satisfaction. | <ul style="list-style-type: none"><li>Define genuineness, and practice ways to be more attuned to your own experience and perspective</li><li>Identify what holds you back from being genuine, and what you need to be more open and honest in your communication</li><li>Learn how to develop genuine statements that communicate your perspective to others</li></ul>  |
| <b>Rupture &amp; Repair</b>                 | Apply secure communication skills by exploring ways you can employ empathy and genuineness to maintain relational safety and closeness when interpersonal tension and conflict arise.  | <ul style="list-style-type: none"><li>Identify how empathy and genuineness support relationship repair</li><li>Explore your secure communication tendencies to identify personal strengths and areas of growth</li><li>Practice using secure communication skills to support conflict resolution</li></ul>   |
| <b>Attachment Patterns in Relationships</b> | Gain valuable knowledge on the science of relationship "attachment" patterns, how they are formed, and identify your own style of attachment to improve how you navigate your relationships to support healthy connections.              | <ul style="list-style-type: none"><li>Identify your own attachment patterns and their impact</li><li>Explore distinct relationship patterns "attachment styles" and how they form</li><li>Self-assess your response to different attachment styles, and develop ways to show up more consistently as a secure attachment figure for students and adults.</li></ul>   |
| <b>Building a Coherent Narrative</b>        | Explore how life experiences shape who we become and how consistent practice with processing and sharing stories can help you better regulate, cope, heal, and grow as a secure attachment figure.                                       | <ul style="list-style-type: none"><li>Identify where emotional activators come from and their relationship to attachment</li><li>Recognize how self-understanding helps us cope with activators and become secure attachment figures</li><li>Increase self-understanding by exploring your attachment style, how it developed, and how it impacts you today - the beginnings of a coherent narrative</li></ul> |
| <b>Self-Acceptance &amp; Empowerment</b>    | Practice being a secure attachment figure to yourself by exploring ways to care for your needs and appreciate your unique qualities, so you are able to be healthy, happy, and whole enough to show up for others in a secure way.       | <ul style="list-style-type: none"><li>Identify the importance of being a secure attachment figure to yourself</li><li>Develop deeper self-compassion and self-acceptance by practicing ways to make yourself feel safe, soothed, secure and seen</li></ul>   |

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