

Run Hard. Rest Well. partners with <u>Teachers</u> and <u>Administrators</u> to set a pace and ignite a passion for teachers & students to thrive for a life-time of good work and vibrant well-being.

## **Ignite**



Leaders cast a vision for Run Hard. Rest Well.® by introducing their team to **Restorative Wellness** through a fun & refreshing experience that fortifies a renewed desire for good work and a rest that refuels and recharges.

#### Choose from 4 options ...

- 1-2 hr. Staff Workshop
- Staff Retreat-Keynote
- Virtual Webinar
- Video Series

## **Integrate**



Transformation requires that we "keep the conversation going." Our **First Steps** Bundle provides streamlined support and encouragement for your staff. This easy to use bundle creates a **Community Commitment** to Restorative Wellness through...

- Take Ten
- Take Two: Quick Quotes and Questions
- Implementation Coaching
- RHRW Poster Series

## **Impact**



the **Restorative Wellness** through our 6-part active and innovative Video Series **Run the Race**. Get your students talking on topics that can change their lives and set them up for success. **Note:** Public and Christian school versions.

- 5-12th Grade Students
- Homeroom Resource
- Student Leaders
- Health Classes

## **Restorative Wellness**

# Disrupts the Status Quo

dismantling our culture's inclination to normalize and perpetuate overload and exhaustion

#### Offers a Wellness Paradigm

that provides a new perspective on rest which refreshes and recharges, guilt-free

#### Heightens Self-Awareness

of our good, bad, and ugly. It offers help and hope to people who are winded, worn, and wounded

## Positions People

to be change agents in their own lives and in the lives of those they love, lead, and serve

# Caught the Vision? Contact Us!



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