



Run Hard. Rest Well.

Championing Rest. Equipping Leaders. Changing Lives.

Brenda@runhardrestwell.org | 260.239.1297 | RunHardRestWell.org

Covid-19 Comeback

Equipping Students and Teachers to Bounce Back Stronger Than Before

Run Hard. Rest Well. champions rest and equips administrators to cultivate a school-wide culture where good work is accomplished and both students and teachers thrive. The timing could not be more critical. The emotional reserves of students are running low, yet they have a race to run—and a race to win. Do your students know how to capitalize on simple practices that refuel and recharge? Do your teachers? Teach them how, lead the way, and do it together. Navigating seasons of crisis, comeback, and recovery requires the ability to create connection, reduce cortisol, hit pause, and prioritize sleep. These four strategies help students and teachers combat anxiety, restlessness, and depression and position people of every age to flourish.

Covid-19 Comeback Strategies

Run the Race

An SEL program for students in 6th-12th grade

An interactive, easy to implement, 6-session, video-based SEL program for 6-12 grade students

- Special pricing for all-student impact in 2021-2022
 - Only \$500 (minimum) or \$1.00 per participating students
- Participating teachers are eligible for 3 continuing education units (PGPs in Indiana)
- Permission to send video links to parents via text or email
- Student handouts and teacher guides and support
- English and Spanish subtitles available
- View Video 1: **The Power of Pit Stops** and learn more at
 - www.RunHardRestWell.org/run-the-race/

A Rest That Works

Professional development options for educators

Fun, engaging, and transformative, evidence-informed *Restorative Wellness* breathes life into the lives of educators who run hard every day

- **In person and on-line training options**
 - A Rest That Works 1.0 and 2.0 – classic
 - Catch Your Breath – a lighter version
 - Lead the Change (for leaders and administrators)
- **Seminar time-frames that fit your schedule**
 - Stand-alone professional development seminars
 - 30-60 minutes
 - 90-minutes to 2 hours
 - Half-day and Full Day
 - Progressive professional development seminars
 - Three 60-minute sessions offered throughout the year
- **Staff Seminar(s) plus an 8-month Run Hard. Rest Well. Initiative for lasting cultural change**
 - Contact Stacey Dumbacher at stacey@RunHardRestWell.org

Run the Race

Equipping Students to Comeback from Covid-19 Stronger Than Before

The emotional reserves of students are running low, yet they have a race to run—and a race to win. Do your students know how to capitalize on simple practices that refuel and recharge? Teach them how, lead the way, and do it together. Navigating seasons of crisis, comeback, and recovery requires the ability to create connection, reduce cortisol, hit pause, and prioritize sleep. These four strategies help students combat anxiety, restlessness, and depression and position people of every age to flourish. **Run the Race Video Series** equips 6th to 12th grade students to refuel and recharge in ways they can own. This Social Emotional Learning (SEL) program includes simple, yet powerful hands-on activities and session handouts designed to foster resiliency, create meaningful connection among peers, and position students to thrive.

Distinct Features

- Introduces students (6th-12th grade) to evidence-informed **Restorative Wellness**
- **3-Track Initiative** - impacting students, teachers, and parents
- Student **handout** for each session, which includes thought provoking questions and opportunities to set individual goals
- **Parents letter**, which includes engaging questions for families and video links to view the program
- SEL focused - outcome driven. **CASEL SEL Competencies** include:
 - Insight, Connection, Critical Thinking, Regulation, and Sensory Motor Integration
- Run the Race can be used in the classroom and for **remote learners**
- Teachers can receive **3 Continuing Education Units** (PGPs in IN) when used in their classroom
- The **Teacher's Guide** paves the way for easy implementation
- Designed to impact entire student body in 2021 – 2022

What is included:

- Six videos
- Student handout for each session
- Introduction letter for teachers
- Leader's guide
- Parent letter
- Support from Run Hard. Rest Well.

Outcome Objectives, Students will explore:

- Creating Connection
- Reducing Cortisol
- Hitting Pause
- Prioritizing Sleep

Students' Feedback

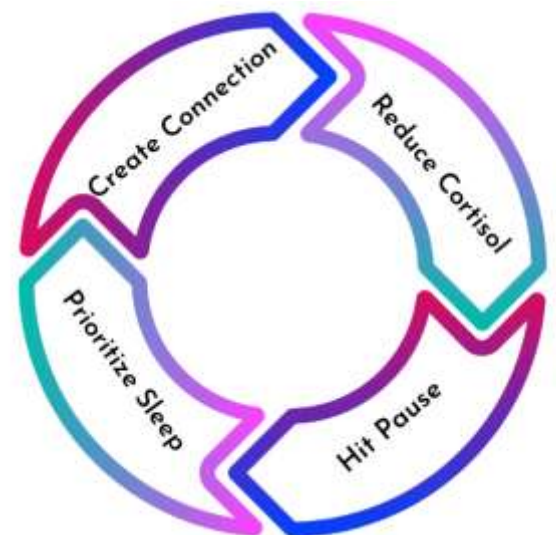
- Why is this not being taught?!
- Surpassed my expectations
- I learned why sleep is so important
- Great. Empowering.
- Deep breathing can really calm you
- Freeing. Valuable. Needed.
- I learned I need to take breaks and evaluate myself

To learn more - contact

Stacey Dumbacher at **Run Hard. Rest Well.**

260.415.3422

stacey@runhardrestwell.org



A Rest That Works – For Educators

Covid-19 has been bucket-draining adventure with a steep, uphill climb. Does your team know how to refuel and recharge? Simple and strategic, evidence-informed **Restorative Wellness** empowers educators to refill their buckets and navigate crisis, comeback, and recovery by creating a pace and plan that is life-giving, transformative, and sustainable. Compelling and practical, **A Rest That Works** professional development seminars are breathing life into teams coast-to-coast, in person and on-line.

Seminars, Staff Retreats, Conferences

- **In Person** and **On-line** formats for all presentations
- **Seminars and Retreats**
 - 30 - 60 min. Whets the appetite A practical Introduction that captures hearts
 - 90-min - 2-hrs Gets the job done Fun, insightful, transformative, refreshing
 - 3-hours Classic Compelling and reflective, with ready-to-use tools
 - Full-day Premier Life-giving! The extra time adds a powerful punch

Learning Objectives for in person and on-line Experiences

Participants will:

- Understand the power, practice, and brain science of Restorative Wellness
- Recognize and redefine the impact of cortisol overload
- Gain clarity on the impact of Social Norm Theory and how new social norms lead to transformation and lasting cultural change within individuals and organizations
- Leave with a strategic plan for at-home and at-work restorative practices that are fun, inviting, transformative, and empowering

What School Staff Are Saying

So grateful! This message is refreshing and refined. High quality. A joy to experience and now live.

-Administrator

A Rest That Works is life changing! I hope you are able to keep sharing and spreading this message! Thank you. The insights were engaging and applicable. Your practical tips have proven so helpful. My teaching cohort continues to unpack your message. We have been convicted of our need to pursue rest with intentionality. Thanks so much. This message is a gift.

-Teacher

This is exactly what we need to hear that we don't know we need to learn.

-Administrator

So often, when we have these wellness seminars, it ticks everyone off because it is such a waste of time. THIS WAS NOT A WASTE OF TIME. Thank you so much! This is exactly what I needed.

-Teacher

Since our staff enjoyed our Run Hard. Rest Well. retreat, we have all had amazing conversations about the little changes we are all making in our daily routines, and the follow up support has been invaluable. Thank you for inspiring the beginning of these new rhythms, for me personally and for what I already see in my colleagues.

-Administrator

Covid-19 Comeback Prices and Packages

To learn more or sign up your school contact

Stacey@RunHardRestWell.org

Run the Race – For Students

- \$500 per school (minimum) or \$1.00 per participating student for a 1-year license

A Rest That Works Seminars – For Educators

- In person and on-line
 - In person, add travel expenses
- 45-60 minutes \$600 Learning Objective on Page 6
- 90-minutes to 2-hours \$1,000 Learning Objective on Page 6
- Half-day (3-hours) \$1,500 Learning Objective on Page 6
- Full-day \$2,000 Learning Objective on Page 6
- Series of three, 1-hour seminars \$1,800

Organizational Initiatives – For Lasting Cultural Change

- \$1,000 (Learn what this entails on page 5)

Packages – For School Wide Impact

Package A

\$1,100

- **Run the Race** 6-session video series (1-year license)
 - Add \$0.50 per student over 500 students
- 45-60 minute PD seminar **A Rest That Works**
 - Live on-line format
 - In person – additional fees. Please contact us
- *Add \$800 for **The Run Hard. Rest Well. 8-month Organizational Initiative** (Save \$200)

Package B

\$1,500

- **Run the Race** 6-session video series (1-year license)
 - Add \$0.50 per student over 500 students
- 90 minute to 2-hour PD seminar **A Rest That Works**
 - Live on-line format
 - In person – additional fees. Please contact us
- *Add \$800 for **The Run Hard. Rest Well. 8-month Organizational Initiative** (Save \$200)

Package C

\$2,000

- **Run the Race** 6-session video series (1-year license)
 - Add \$0.50 per student over 500 students
- *3-hour PD seminar **A Rest That Works**
 - Live on-line format
 - In person – additional fees. Please contact us
- *Add \$800 for **The Run Hard. Rest Well. 8-month Organizational Initiative** (Save \$200)

Package D

\$2,300

- **Run the Race** 6-session video series (1-year license)
 - Add \$0.50 per student over 500 students
- *Three custom, 60-minute, progressive PD seminars **A Rest That Works**
 - Live on-line format
 - In person – additional fees. Please contact us
- *Add \$800 for **The Run Hard. Rest Well. 8-month Organizational Initiative** (Save \$200)

Package E

\$2,500

- **Run the Race** 6-session video series (1-year license)
 - Add \$0.50 per student over 500 students
- *Full-Day PD staff retreat **A Rest That Works**
 - Live on-line format
 - In person – additional fees. Please contact us
- *Add \$800 for **The Run Hard. Rest Well. 8-month Organizational Initiative** (Save \$200)

Launch an Organizational Initiative

- Choose a seminar or a series of seminars for your team
- Seminar evaluation report, which includes staff inventory numbers and retreat feedback. A valuable tool to evaluate staff well-being of your staff and the impact of this initiative.
- Pre-retreat phone meeting to discuss initiative opportunities and possibilities
- Leadership *coaching every 6-weeks
- 8-months of follow-up support and encouraging emails
- Workplace Tool Kit – one-page tools, challenges, talk sheets, and conversation starter to keep Restorative Wellness on the front burner for lasting cultural change

*When an organization chooses a staff event and organizational initiative, a designated leader will have an opportunity to explore best practices for lasting organizational change.

A 45-minute to 2-hour Seminar Includes:

- An insightful, innovative SURVEY of the four transformative rhythms of Restorative Wellness — packed with stories, research, and one brain-science experiment
- One set of personal reflection questions that position people for self-awareness and transformation
- An introduction to anti-gravity moves ... guaranteed to induce laughter
- A 6-Question reusable, take-home inventory that drives change and commitment at work and at home
- For 90-minute and 2 hour sessions, your team will experience time for small group discussion to fortify a personal and organizational vision for Restorative Wellness and 10-20 minutes of “personal reflection”

A 3 to 8-Hour Staff Retreat // Three, 60-minute Seminars Include:

- An insightful, innovative INTRODUCTION to the four transformative rhythms of Restorative Wellness — packed with stories, research, and two brain-science experiments
- Time and space to truly step away, catch your breath, and breathe
- Three sets of personal reflection questions that position people for self-awareness and transformation
- An introduction to anti-gravity moves ... guaranteed to induce laughter
- A 6-Question reusable, take-home inventory that drives change and commitment at work and at home
- Two to three small group experiences to fortify a personal and organizational vision for Restorative Wellness. At the core of these experiences are nonthreatening questions that create connection and set the stage for lasting change
- 20-60+ minutes of “personal retreat” depending on the length of the retreat and access to green space
- A well chiseled take-home plan of first steps to feed our soul and fuel our go

www.RunHardRestWell.org

CREATING A SCHOOL WIDE CULTURE

From Tim Elmore’s BLOG

https://growingleaders.com/blog/why-sel-has-to-be-more-than-just-a-class/?mc_cid=4d2b7badbd&mc_eid=839db0ed1b

Recently, I’ve been reading Adam Saenz’s book, *“The EQ Intervention.”* It’s a fantastic overview of the phenomena of SEL, where it came from, and how to do it well. In his summation of the most successful SEL programs, Saenz makes a fascinating point about the effectiveness of different types of interventions:

“Since SEL is clearly important, the question then becomes how we empower educators and students with the SEL skill set they will need to be successful. There are three main approaches to SEL interventions. The first approach is the mental health professional as the interventionist. In this model, the counselor or school psychologist enters a classroom to deliver a fifteen-to twenty-minute SEL lesson. That model is certainly better than no intervention at all, but it tends to lack effectiveness. The second model is the classroom teacher as the interventionist. This model is more effective because it is scalable: Each student has the opportunity to receive a lesson on any given day by any given teacher. The third option is the most effective, and that is every adult as the intervention. Note that the intervention in the third model is not a curriculum, per se, but every adult committed to being a living example of emotional intelligence.”