

What if you prioritized your well-being this year?



Come learn concrete strategies to help you avoid the five personal pitfalls of the educator experience.

Don't just survive. Thrive.

WHAT

A research-based personal development program to help educators sustain well-being.

WHO

Open to **all BTU members**, including paraprofessionals, related service providers, ABAs, and nurses.

WHEN + WHERE

This program is **fully online**. Participants will engage in synchronous learning experiences alongside a small group of fellow educators.

See reverse for specific details.

Those who complete the program and all assignments can earn 3 Academic Ladder Credits.

1. **Apply** by Monday, September 25: <https://tinyurl.com/EdThriveBTU2324App>
2. **Want to learn more?** Watch this [six-minute overview video](#) or join our preview session on Monday, September 18 at 4:30pm: <https://tinyurl.com/EdThriveBTUPreview>
3. **Questions:** Email Educators Thriving (ProgramTeam@EducatorsThriving.org) or Paul Tritter (ptritter@btu.org)








EDUCATORS
THRIVING



Apply here! →



How It Works

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|---|---|---|
| <p>You'll have access to online sessions featuring research-based strategies.</p> | <p>You'll engage in sessions synchronously with a small group of between three and five other BTU/BPS colleagues.</p> | <p>You'll have the opportunity to apply the strategies to overcome the 5 pitfalls and increase your well-being.</p> |
| <p style="text-align: center;">Sessions</p> <div style="display: grid; grid-template-columns: repeat(3, 1fr); gap: 10px;"> <div data-bbox="136 430 319 727">  <p>Introduction</p> <p>Course Preview</p> <p>Find out more about the program, how it works, and the tools you'll need in this short pre-view session.</p> <p>View Session</p> </div> <div data-bbox="331 430 514 727">  <p>Session 1</p> <p>General introduction & the five pitfalls</p> <p>We discuss five common pitfalls that make sustainability and well-being challenging for early-career educators.</p> <p>View Session</p> </div> <div data-bbox="527 430 709 727">  <p>Session 2</p> <p>Effective prioritizing & leveraging implementation intentions</p> <p>Participants learn about a framework they can utilize to ensure they are prioritizing not only what is urgent but also what is important for their long-term well-being.</p> <p>View Session</p> </div> </div> |  |  |

Program Timeline

| SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER | JANUARY | FEBRUARY | MARCH | APRIL | MAY |
|---|--|--|---|--|--|--|--|--|
| <p>Application Deadline Monday, September 25</p> | <p>Session 0 Week of Oct. 9</p> <p>Session 1 Week of Oct. 23</p> | <p>Session 2 Week of Nov. 6</p> <p>Session 3 Week of Nov. 27</p> | <p>Session 4 Week of Dec. 11</p> | <p>Session 5 Week of Jan. 8</p> <p>Session 6 Week of Jan. 22</p> | <p>Session 7 Week of Feb. 5</p> <p>Session 8 Week of Feb. 26</p> | <p>Session 9 Week of Mar. 11</p> <p>Session 10 Week of Mar. 25</p> | <p>Session 11 Week of Apr. 8</p> <p>Session 12 Week of Apr. 29</p> | <p>Final Assignment Deadline Monday, June 3</p> <p>Units Awarded Week of June 17</p> |

*Dates subject to change

