

# Minnesota District Uses Educator Resilience Course to **Improve Wellbeing for Staff and Students**

EmpowerU's program **increased educator confidence** and decreased stress, allowing them to better **connect with students** and bring **strategies for wellbeing** into the classroom.

## SITUATION

The superintendent of Marshall County Central schools, Jeffrey Lund, was offered the opportunity to enroll in the EmpowerU Educator Self Care and Resilience program through their partnership with Minnesota Rural Education Association (MREA). Jeffrey and two leaders from the Marshall County Central district completed the EmpowerU training in the summer of 2022 with amazing growth and outcomes. Jeffrey and his team were excited to bring the same outcomes they experienced to their rest of the district staff to help **improve resilience and wellbeing of not just staff, but students.**



## PARTNERSHIP

Marshall County Central schools offered the EmpowerU Educator Self Care and Resilience Course with coaching to staff starting in November of 2022. The district offered a stipend to educators for their time to participate in the course, in addition to the 12-clock hours they received for completion of the full program. Over 40 Marshall County Central educators have participated in the program to date.

Staff that completed the program experienced **increased confidence, decreased anxiety,** and improved **ability to handle stressful situations** in a productive and positive way.

In addition to being helpful for their own wellbeing, Marshall County Central educators found that strategies they learned in EmpowerU will be helpful in building connections and **improving wellbeing for their students,** too!



## TESTIMONIALS

*"Modeling kindness and caring is the most effective way to make emotional connections and form relationships with children. Learning to love myself encourages me to love my students. I feel more confident in regards to loving myself and building relationships with students and colleagues."*

### MARSHALL COUNTY EDUCATOR

*"I feel better about myself and I feel more confident in my ability to accomplish new goals for my future. I feel more relaxed and confident in my social environment as well. EmpowerU has greatly improved my daily life and helped me learn to manage my anxiety and stress - as well as the skills to better manage my time."*

### MARSHALL COUNTY EDUCATOR



## STUDENT OUTCOMES

100%

found EmpowerU helpful for them personally

96%

found EmpowerU helpful for them to support their students

100%

believe EmpowerU would be helpful for other educators

96%

made goal progress