



# Creating Staff Wellness Program When Teachers Ask for Help

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## The Challenge

While working to create a yoga and mindfulness program for students, Marisa witnessed her colleagues facing burnout and exhaustion. When a teacher approached her asking about creating a program for staff members, she realized the educators needed wellness support just as much as the students did. She also needed to ensure her sessions would be inclusive and appealing to all staff members, including male colleagues.



## Action

- Pivoted from her original student-focused plan to create a staff professional development series.
- Launched "Revitalize & Recharge: Cultivating Self-Care for Educators & School Support Professionals through Mindfulness & Yoga."
- Designed 7 monthly one-hour sessions that ran throughout the school year.
- Incorporated daily mindfulness practices and breathing exercises accessible to everyone.
- Included simple, accessible movement activities that welcomed all body types and fitness levels.
- Guided staff in creating personalized mindfulness toolkits they could use independently.
- Thoughtfully considered timing, structure, and inclusivity to connect with all staff members.

## In Marisa's Words



*"June will be the last month of my PD program for this school year. It turned out really well and the staff loved it."*





## The Results

- Staff loved the program and participated enthusiastically throughout the entire school year.
- Completed a successful 7-month professional development series that concluded in June.
- Created a culture of wellness among educators and support professionals.
- Empowered educators with practical tools they could use in their own lives and potentially share with students.

Why?

## Why It Worked

- Responded directly to staff needs and requests rather than imposing a predetermined plan.
- Made sessions accessible and inclusive for all staff members, regardless of gender or fitness level.
- Provided consistent monthly touchpoints rather than one-time workshops.
- Gave educators personalized tools they could adapt to their own needs.
- Created space for staff to practice wellness themselves before expecting to support students.



## A Takeaway for You

Sometimes the best programs emerge when you listen to what people are actually asking for. Don't be afraid to pivot your original plan when you recognize a different need. When we give educators the space to practice wellness themselves—through tools, training, and meaningful experiences—we empower them to transform their classrooms, clinics, and communities. Small, intentional changes in adult well-being can spark a ripple effect that impacts an entire school.

