



To Whom It May Concern:

I hope it is received as a tremendous compliment that an employee at your school wants their co-workers to participate in opportunities to grow their health and happiness.

It's the unfortunate reality that 55% of teachers are thinking about leaving the profession earlier than they planned. Consider the toll that the immense selflessness, patience, empathy, creativity, awareness, composure, and clarity demanded daily takes on teachers. It's obvious their energy, positivity, and overall stamina will be depleted if not actively restored. Unfortunately, there are not many professional opportunities for teachers to learn ways to do something about this.

This is where **Livable Learning** comes in. We want to invite you to join [The Whole Teacher Movement](#) so your teachers can learn strategies to prioritize their health and happiness. Restoring teacher fulfillment depends on equipping teachers with strategies to refuel.

Whole Teachers are prepared to prioritize their health and happiness consistently inside and outside the classroom. They are able to do so because they have been provided professional opportunities to **learn strategies to optimize their nutrition, movement, mindset, stress management, finances, and relationships**, among many other categories.

When teachers are provided opportunities to learn to feel their best, a school can be filled with **camaraderie, patience, confidence, optimism, and energy**, thus impacting teacher retention and consequently, student success.

An employee at your school is particularly interested in one of our offerings: [The Whole Teacher Cohort](#). Cohorts are a group of employees in the same school who experience their Whole Teacher journeys together. The cohort will:

- Participate in our required [Welcome Workshop](#) (virtual or in-person).
- Work through [Whole Teacher Weekly Wellness Guides](#) together.
- Meet consistently as a cohort to reflect on what they are learning.
- Have an option to add on up to 12 [Extension Workshops](#).
- Gain experience and strategies to share with the rest of the staff.
- Receive **discounted costs** on the guidebooks and workshops.

If you would like additional clarification, [sign up for a quick phone call](#) or email info@livablelearning.net.

Are you ready for your school to join the movement?

In health and happiness,

Founder of Livable Learning