

Coaching

Each educator going through the program receives one-on-one coaching from an experienced Colorado Credentialed Professional Development Coach. Coaching sessions are 60-minutes and occur in between each training module supporting educators implementing the practices learned during training. Coaching is scheduled based on the individual educator's availability.

Curriculum and Journal

An innovative mindfulness curriculum for educators designed by Elevate at Clayton Early Learning to support them in the classroom with mindfulness practices and strategies. As educators complete the module training, they learn about many of the practices included in the curriculum. Our curriculum also includes mindfulness strategies you can do with children. The practice of reflection and journaling is a critical component of mindfulness. The journal is for educators to reflect throughout the training and coaching that occurs in the program and beyond.

Educator Tool Kit

All toolkit items are referenced in the curriculum to provide concrete strategies and tools for educators.

- EMBRACE™ tote bag
- EMBRACE™ water bottle with infuser
- Unscented lotion
- Essential oils (variety of scents)
- Thinking Putty
- Scalp massager
- Massage ball
- Lavender eye pillow
- Mindfulness coloring book and colored pencils
- Breathing stone
- Bracelet

Classroom Toolkit

This toolkit includes items permissible by Colorado state licensing to use in the classroom for children to extend mindfulness practices when children need help with regulation. All toolkit items are referenced in the curriculum.

- EMBRACE™ tote

- Hoberman Sphere
- Chime
- Mindfulness deck
- Massage ball
- EMBRACE™ poster

Pricing

All prices include all costs associated with the program for one educator completing the program 100% virtually. If you would like in-person services, additional travel costs will be applied. We are happy to provide an estimate for you on travel costs as requested.

All Inclusive Resilience Package

This package includes:

- Virtual/in-person training – six modules
- Three 60-minute one-on-one coaching sessions between each training module – 18 coaching sessions total
- EMBRACE™ Mindfulness Curriculum
- EMBRACE™ Mindfulness Journal
- Educator Toolkit
- Classroom Toolkit

Price:

\$2,700.00/educator

20% group discount (10+ educators from the same program): **\$2,100.00/educator**

Resilience Package, Option A

This package includes:

- Virtual/in-person training – six modules
- Three 60-minute one-on-one coaching sessions between each training module – 18 coaching sessions total

- EMBRACE™ Mindfulness Curriculum
- EMBRACE™ Mindfulness Journal
- Choice of Educator Toolkit or Classroom Toolkit

Price:

\$2,600.00/educator

20% group discount (10+ educators from the same program): **\$2,000.00/educator**

Resilience Package, Option B

This package includes:

- Virtual/in-person training – six modules
- Three 60-minute one-on-one coaching sessions between each training module – 18 coaching sessions total
- EMBRACE™ Mindfulness Curriculum
- EMBRACE™ Mindfulness Journal

Price:

\$2,400.00/educator

20% group discount (10+ educators from the same program): **\$1,900.00/educator**

All Inclusive Wellness Package

This package includes:

- Virtual/in-person training – six modules
- Two 60-minute one-on-one coaching sessions between each training module – 12 coaching sessions total
- EMBRACE™ Mindfulness Curriculum
- EMBRACE™ Mindfulness Journal
- Educator Toolkit
- Classroom Toolkit

Price:

\$2,000.00/educator

20% group discount (10+ educators from the same program): **\$1,600.00/educator**

Wellness Package, Option A

This package includes:

- Virtual/in-person training – six modules
- Two 60-minute one-on-one coaching sessions between each training module – 12 coaching sessions total
- EMBRACE™ Mindfulness Curriculum
- EMBRACE™ Mindfulness Journal
- Choice of Educator Toolkit or Classroom Toolkit

Price:

\$1,900.00/educator

20% group discount (10+ educators from the same program): **\$1,500.00/educator**

Wellness Package, Option B

This package includes:

- Virtual/in-person training – six modules
- Two 60-minute one-on-one coaching sessions between each training module – 12 coaching sessions total
- EMBRACE™ Mindfulness Curriculum
- EMBRACE™ Mindfulness Journal

Price:

\$1,700.00/educator

20% group discount (10+ educators from the same program): **\$1,300.00/educator**

Looking to train your staff in EMBRACE™ so they can deliver the program?

We offer Train-the-Trainer sessions for early childhood professionals seeking to train and coach utilizing the EMBRACE™ model and programming. EMBRACE™ Train-the-Trainer

(TOT) involves twenty-four hours of training. This training can be scheduled and completed as three full days or spread out over shorter sessions. Participants will receive information on how to implement training and coaching using the EMBRACE™ model. This includes hands on experience teaching a module to fellow participants. Participants will receive a manual and coaching toolkit that includes everything in the educator and classroom toolkits to utilize in coaching sessions for in-the-moment practices. After training is complete, participants will be issued a certificate that will expire in one year. To maintain your TOT status, you must recertify through Elevate annually. Re-certification costs start at \$50.00. If a new edition of the manual is released, an extra \$50.00 will be applied to the re-certification cost. Participants will be required to purchase the new edition.

Price:

\$3,000.00 for groups of five – 20 participants

\$600.00 for individual/groups less than five

Individuals wanting to complete the EMBRACE™ Train-the-Trainer, or groups smaller than five, will be placed on a waitlist to join the next available cohort. Materials will not be shipped, and payment will not be required until you are scheduled for your first training session.

Implementation Support Packages

After you complete the TOT, our Elevate team is available to support as you implement training and/or coaching. Below are the implementation support options and costs.

Implementation Support, Option A

The Elevate team facilitates the six training modules to 10 – 25 participants that you select. Your staff complete the coaching sessions.

Price:

\$900.00 for all six modules

Implementation Support, Option B

The Elevate team completes coaching hours after you have delivered the training modules. Three coaching sessions will be completed in between each module.

Price:

\$1,800.00/educator for 18 coaching sessions total

Implementation Support, Option C

The Elevate team completes coaching hours after you have delivered the training modules. Two coaching sessions will be completed in between each module.

Price:

\$1,200.00/educator for 12 coaching sessions total