

The EMBRACE™ Model



EMBRACE™ Summary

Nationally, nearly half of early childhood teachers report emotional exhaustion, a third exhibit highly depressive symptoms, and 40% choose to leave the field altogether. Effective Mindfulness, Building Responsive and Confident Educators (EMBRACE)™ seeks to address early childhood workforce issues by promoting early childhood educators' emotional resiliency and presence through a structured mindfulness intervention program thereby reducing educator stress, burnout, and turnover. Mindfulness is a therapeutic approach, grounded in science, which focuses our awareness on the present moment, so that we can non-judgmentally accept our feelings, thoughts, and physical sensations. The outcomes for an educator engaged in this practice are composure, clarity, and connection, all essential for creating positive learning experiences and warm, connected relationships that protect young children's brains. Mindfulness practice has been found to reduce stress and address the emotional labor inherent in an early childhood educator's work.

EMBRACE™ is a program that goes far beyond educational curriculum. It embodies a methodology to build the skillset and the mindset to reduce emotional exhaustion and shape responsive relationships. It is a four-pronged approach combining a mindfulness toolkit, filled with self-care items for both the teacher and classroom (IMAGE 3), a curriculum guide (IMAGE 3), intensive training, and ongoing research-based coaching followed by an evaluation designed to connect EMBRACE™ with improved teacher outcomes, and ultimately, improved child outcomes. The curriculum guide and reflective journal includes a menu of tools to promote educator's physical and emotional well-being, strategies to create healthy work environments and actions to positively shift school culture (IMAGE 3). EMBRACE™ is a program designed to increase emotional stamina - equipping teachers with the right tools for the right job.

In EMBRACE™ training and coaching, educators undergo virtual training in six modules with a live trainer. The modules include: 1) Mindfulness, 2) Self-Awareness, 3) Self-Development, 4) Movement, 5) Senses, and 6) Community (IMAGE 1). Following each module, educators engage in three coaching sessions with their EMBRACE™ coach before advancing to the next module (IMAGE 2).

IMAGE 1: EMBRACE™ Six Concepts & Training Modules



IMAGE 2: EMBRACE™ Coaching Model

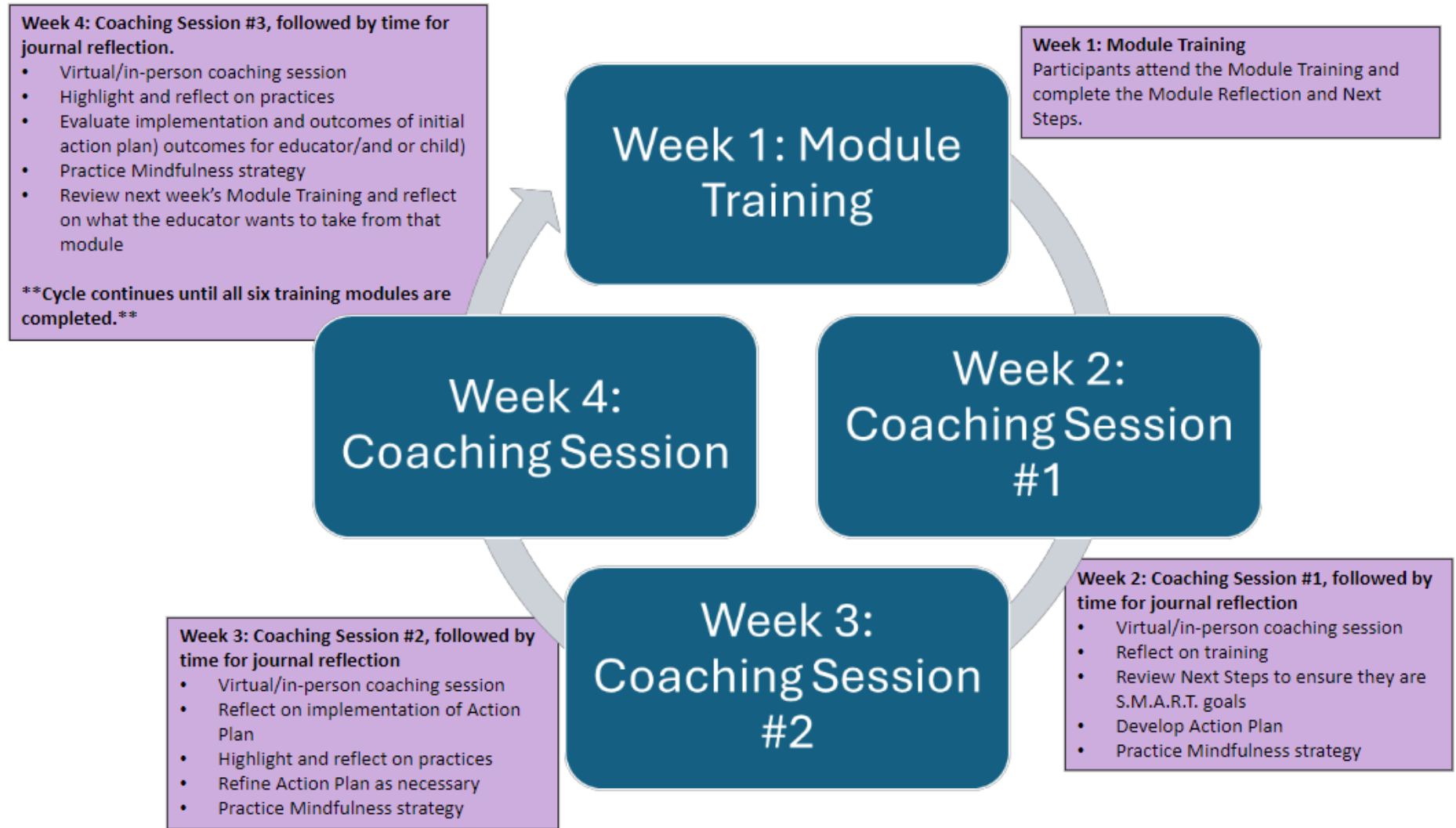


IMAGE 3: EMBRACE™ Materials – Educator and Child Toolkits, Curriculum, and Journal



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