

A blurred background image of a school hallway with wooden floors and lockers. The text "Performance enhancement" is overlaid in white.

Performance enhancement

CLIENT:
K-12 staff

INDUSTRY:
School

ISSUES TO ADDRESS:
Stress and performance

ENGAGED BY:
County Public School District

AVENIR SERVICES:
Training

THE GOAL: Provide information and tools to manage their workloads and stress and help their students be successful.

THE CHALLENGES: Teachers have demanding work loads, high stress, and students who are also suffering from stress and other personal issues.

THE SOLUTION: Mindfulness-based resiliency training that includes HeartMath®, Somatic Experiencing® tools, and experiential work around emotional triggers.

THE OUTCOME: Teachers are more grounded and skillful in dealing with challenging students, have greater life-work balance, and are more productive and satisfied in their lives.