

EMPOWERED SCHOOLS

SELF-CARE PD FOR STAFF & STUDENTS

Kristie Chandler, Transformational Wellness Coach
CEO, Nourishing Roots: Mind, Body, Spirit Inc.
kristie@nourishingrootsmindbodyspirit.com
419.937.7623



Equipping leaders for every good work

I taught in a high poverty district for nine years and served as a curriculum consultant through NCOESC for six years. I know firsthand the stresses of teachers, administrators, school staff, and students. Well-masked anxiety and a hidden illness plagued my education career. After a devastating life event shattered my health, I sought to learn how our bodies can innately overcome the culminating effects of negative stress. Today, I teach adult and student leaders how to limit the negative effects of stress and anxiety by cultivating energy and finding balance, teaching research-based, practical practices that enhance overall well-being so all may live to their full potential.

Self-Care PD Topics

STAFF FOCUS

Pillars of Wellness

Introduction to the 3 Pillars of Wellness with actionable strategies for the 5 Wellness Principles (5 Ms): Maker, Mindfulness, Mouth, Membership, & Movement.

Fasting & Focused

Intermittent fasting is popular, but few have the foundational understanding of how to safely & effectively fast. Ensure your fasting staff stays focused by learning fasting basics.

Stress Less

Simple view of stress and how it affects the body, plus quick, effective ways to reduce stress' impact.

Yoga & Breathwork for Schools

Enjoy a specialized yoga and/or breathwork routine developed specifically for your staff (PD day option, planning period break, etc.) or students (gym class, before or after school program, pull-out option, etc.) based on your needs and available time. Personalized handout for the routine can be made available for continued use.

STAFF & STUDENT FOCUS

Sleep Better

Tips for falling asleep faster, staying asleep longer, and feeling more rested so you are mentally and physically prepared each day's adventures.

Goals that Stick

Become the change you have always wanted to be. How to create goals you want to achieve and powerfully actionize them.

Stress Free Testing

Simple, effective techniques to reduce testing anxiety leading up to and the day of any test or exam.

Fueled & Fit

How to fuel your day with balanced meals and simple fitness principles that do not require running shoes or a gym membership. Can include activities. Recipes included!

Anxiety Busters

Simple emotional and nutritional techniques to banish negative thoughts, reduce fears and overwhelm, and become more positive and calm.

Snack Yourself Smart

Ditch the sugar, artificial colors, and brain-diminishing classroom snacks and learn when, how, and what to eat to fuel your day with balanced meals and snacks. Recipes included!

Athletic Workshops

Ask about our mindset, yoga, and flexibility workshops for athletic teams!

CERTIFICATIONS

- Functional Nutritional Therapy Practitioner
- 500hr Certified Yoga Teacher
- Science of Stretching Coach

EDUCATION

- Masters of Integrated Curriculum and Instruction, Covenant College
- Bachelors of Education & Writing, Heidelberg University



Nourishing Roots: Mind, Body, Spirit, Inc. is a 501(c)(3) organization. Learn more about us at [NourishingRootsMindBodySpirit.com](https://www.NourishingRootsMindBodySpirit.com)

EMPOWERED STUDENTS

EMBEDDED SELF-REGULATION

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Equipping students for success

When we address the whole child, we must include self-regulation in our arsenal. Teachers often do not have the time, knowledge, or strategies to include these techniques, but research indicates our learners need them. Suicide is the second-leading cause of death among teens and girls and marginalized groups are at the greatest risk. Incorporating self-regulation strategies can improve emotional well-being, stress management, resilience, decision-making, focus, attention, and behavior; foster healthier relationships, lifestyle choices, conflict resolution, and mental health; and enhance academic and athletic success. This leads to a better life for the student and stronger school culture.

In-School Coaching Models

INDIVIDUAL STUDENT COACHING

Assessment

Determine the student's areas of mental and physical needs via a Brain Health Assessment and Nutritional Assessment Questionnaire

Goal Setting

In depth exploration of the student's wellness desires allows us to create a SMART goal that sticks + specific, actionable steps & clear milestones towards goal completion

Restorative Practices

Individualized Restorative Practices to incorporate at school and home based on the student's assessment results and goals

SELF REGULATION GROUP COACHING

Breathwork

Breathwork sessions to improve focus, decrease anxiety and anger, and balance the sympathetic and parasympathetic nervous systems

Yoga

Relaxing, meditative yoga for stress release, gentle movement for relaxation and stretching, and strengthening yoga for overall balance, all tied to Maslow's Hierarchy

Nutrition

Students learn how to fuel their days with balanced meals, smarter snacks, and hydration and have the opportunity to create healthy meals and snacks for themselves (as resources permit)

Parent Partnerships

Parents and guardians are invited and highly encouraged to join their student's wellness journey through 1:1 conversations and parent coaching sessions

PILLARS OF WELLNESS

Research-based Restorative Practices focus on

- Agape Love (optional)
- Brain Plasticity
- Physical Wellness
- Nutrition

Pillars of Wellness

- **Whole** - addressing the whole person
- **Consistent** - creating habits
- **Faith** - trusting the process

Wellness Principles

- **Maker** - spiritual wellness
- **Mindfulness** - mental wellness
- **Mouth** - mental & nutritional wellness
- **Membership** - social wellness
- **Movement** - physical wellness

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