

AWESOMESAUCE

Insights

EDUCATOR'S EDITION

ELEVATING YOUR SCHOOL WITH A TWIST OF AWESOMESAUCE FLARE!

Ready. Set. No more stress! We are going to rock our education success!! Are you ready to press the “Go” button on that a few times? YES! As any educator knows—teaching, learning, and leading a school—is stressful. With our classrooms becoming more beautifully diversified and technology connecting us here, there, and everywhere, our ability to grow and adapt at optimal performance levels faces many challenges that can be overcome with a strong health and wellness system in our schools and our classrooms.



Awesomesauce Edu-Fact: The American Psychological Association indicates that student stress levels now top adult stress levels. Childhood anxiety is up 25% due to economic hardship, high stakes testing, bullying, and pressure to perform.



Awesomesauce Edu-Fact: The Barbara Bush Houston Literacy Foundation indicates that “poverty is a root cause of low literacy, and low literacy is related to negative outcomes including increased education costs, higher crime rates, poorer overall health, and a higher rate of dependence on publicly subsidized programs.” 74% of children in The Greater Houston (Texas) area are considered “economically disadvantaged.”



Awesomesauce Edu-Fact: Bullying is on the rise in our schools today and empathy among our youth is declining. *

Why Mindfulness Matters**

★ reduces stress

★ increases focus and sustained concentration

★ improves memory

★ builds confidence

★ fosters internal motivation

★ nurtures empathy and compassion

Whether the issue in your school is addressing youth anxiety, increasing literacy rates, closing the achievement gap, decreasing bullying, or creating more positive interactions between students, teachers, and families, elevating your school with a twist of **Awesomesauce Flare** will help you say no to stress and rock your school's education success!

I do this by systematizing mindfulness in your school and classrooms with the following (see tiers and pricing on page 3 – 4):

★ Professional Development—Creating An Awesomesauce Day: Mindfully Managing Campus Behavior Series

★ Coach Awesomesauce

★ Mindfully-Infused Educational Resources Products

★ Hands-On Training for the Mindset Power Curriculum

★ Data Tracking and Collection

★ Program Integrity Evaluation

*Borba, Michele. (2016). *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*. New York, New York: Touchstone.

**Netta Weinstein, Kirk W. Brown, and Richard M. Ryan, “A Multi-Method Examination of the Effects of Mindfulness on Stress Attribution, Coping, and Emotional Well-Being,” *Journal of Research in Personality* 43, no. 3 (2009).

Awesomesauce at a Glance

Awesomesauce in Schools!

I conducted a maxed-to-capacity presentation at Houston Independent School District's Professional Leadership Series Conference in June 2018. All seven presentations were full and the leader attendees loved it! I made connections between economically disadvantaged students, literacy, growth mindset, mindfulness, and of course, the awesomesauce as part of the district's social and emotional content offerings at the conference.

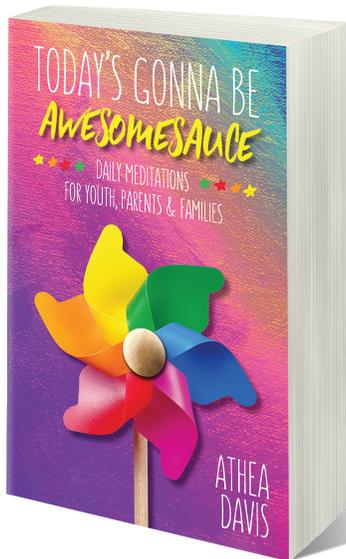
Here's what some district leaders shared from their experience:

Ms. Davis: "You are standing on a gold mine. If teachers knew that creating good connections and good feelings with students make them willing to try anything they teach, people would aim to connect before they aim to teach!"

"It is wonderful how the connection between empathy and literacy was made. Thank you for all the activities and techniques that I can use with my scholars."

"The information that you provided was very informative. I felt that I can go back to my school campus the strategies that were provided."

"Extremely thoughtful and well-planned training..." "I LOVE your energy and enthusiasm!"



Awesomesauce The Book!

Are you ready to take your life, your family, business or your classroom to the next level?! Make small mindset shifts every day with my fun, practical, and accessible daily meditations book for youth, parents, and families (and educators, too!). Whether you are beginning to explore meditation and mindfulness or you are more advanced in your practice, there's something for everyone of all ages. List Price - \$19.97

"Holds attention of kids, is VERY relatable, and inspirational."

"This book is the highlight of my day!" "The daily meditations are the best!"

"Thank YOU, Athea! You are an inspiration to me. I love your book! And YOU!"

Purchase on my website at www.solsenseyoga.com or on Amazon at <https://www.amazon.com/Todays-Gonna-Be-Awesomesauce-Meditations/dp/099877796X>

Awesomesauce The Card Deck!

Affirmations are a form of positive self-talk to help us overcome challenging situations, reduce fear and stress, and they help us shift into a growth mindset that fuels and increases our creative and performance capacities with confidence, power, and love. List Price - \$25.99

"Mindfulness, peace, and JOY! That's what these cards bring to the classroom and to our family routines. I love the open-ended graphics and affirmations. They stimulate creative conversation, connection, and action in both kids and adults. I highly recommend adding these Awesomesauce cards to your daily routines whether you're a classroom teacher, parent, or CEO. They will assuredly spark inspiration throughout your day." —Meredith Blanks Paterson, M.A., RYT, RCYT, Yogiños: Yoga for Youth®

***Special* Purchase both the book and the card deck from my on-line store for a special package price of \$35.99 (You save \$20!)**

Fun-filled and inspiring affirmation and art card deck

for youth, parents, and educators
52-card deck, plus 5 bonus cards!

Sol Sense Yoga® Created by Athea Davis, CP, E-RYT, RCYT

Tiered School Pricing



Tier 1—Stress Reliever (Starter) \$550

Preservice Time: 3 – 4 hours

What you get:

- ★ 1 professional development training for Creating an Awesomesauce Day: Mindfully Managing Campus Behavior
- ★ 1 professional development training for the mindset power curriculum (general classroom or physical education integration options)
- ★ Free downloadable *Awesomesauce Insights: A Health and Wellness Guide to Elevating Your Life with a Twist of Awesomesauce Flare!*
- ★ Health and Wellness Tip Cards Template with 11 monthly themes to use in the classroom
- ★ Awesomesauce MAP (Mindful Action Plan) with Teacher and Student Reflections



Tier 2—Mindset Power: Social and Emotional Learning Mixer (Intermediate) \$1,400

Preservice Time: 4 hours, plus additional hours throughout the year

What you get:

- ★ Everything in Tier 1
- ★ Creating an Awesomesauce Day Professional Development Series for School Year (6, 1-hour trainings)
- ★ 2 Teacher Observations/Formative Evaluations (clinical supervision)
- ★ 2 Leadership Team Meetings (initial and conclusory)



Tier 3—The Awesomesauce Transformer (Advanced) \$2,400 – \$5,000

Preservice Time: 4+ hours, plus additional hours throughout the year

What you get:

- ★ Everything in Tier 1 and Tier 2
- ★ Bi-Weekly, Monthly, Quarterly Coaching Sessions (7 total)
- ★ 3 Leadership Team Meetings (initial, middle, and conclusory)
- ★ 3 PLC Coaching Meetings
- ★ Data Tracking, Collection, and Program Integrity Evaluation (conducted 3 times per year; sources: surveys, SEL assessments, action plans, teacher and student observations, interviews, focus groups, student reflection journals, and mindful action logs)



Add mindfully-infused educational resource products and save 10%, 20%, or 25%

- ★ Buy 10 books and 10 card decks, save 10%
- ★ Buy 20 books and 20 card decks, save 20%
- ★ Buy 25+ books and 25+ card decks, save 25%

Awesomesauce Add-Ons



Peer Coaching Option—\$2,400 (recommended to be implemented in year 2 and 3 of the program implementation)
Time: 6 – 12 hours of professional development training and assessment meetings

What you get:

- ★ 4 (1 – 2 hour) Professional Development Seminars (demonstrations, modeling, and practice in workshop setting—2 preservice, 1 winter, and 1 spring)
- ★ Meetings—Initial and Conclutory with Leadership Team and Peer Coaching Team
- ★ Follow-Up Meeting with Peer Coaching Team after Implementation
- ★ Bi-weekly, Quarterly Meetings (can be in PLC) with Peer Coaching Team (6 total)
- ★ 2 Teacher Observations/Formative Evaluations (clinical supervision)
- ★ 2 Teacher/Coach Observations/Formative Evaluations (clinical supervision, with emphasis on teacher/coach leading the observation)

Refresh for Success and Awesomesauce Extras



Need a little refresher? Or a little extra awesomesauce sparkle here, there, and everywhere? Check out my refresh and extras below!

- ★ Stress Reliever Refresher: \$500
- ★ Mindset Power Refresher (6 PD trainings): \$750
- ★ Mindfully-Infused Educational Resource Products
 - ★ Awesomesauce the book \$19.97
 - ★ Awesomesauce the card deck \$25.99
- ★ Custom Social and Emotional Learning Pamphlet for School, Students, and Families: \$150
- ★ After school class for educators and/or students: \$15 per student/teacher (5 minimum registration)
- ★ **FREE** 1-hour demo training for teachers, coaches, and administrators

***Additional Charge Note:** If there are over 25 teachers and staff for Tiers 2 and 3, an additional charge of \$150 for every 10 teachers over 25 will be added to the price.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

~ Aristotle



Designed by Lindsay Burck
lindsay@artsoelectric.com
713-909-0843

Written and Created by Athea Davis
©2018 Sol Sense Yoga®
athea@solsenseyoga.com
832.257.3598
P.O. Box #27104
Houston, Texas 77277