What if you prioritized your well-being this year?



Come learn concrete strategies to help you avoid the five personal pitfalls of the educator experience.

Don't just survive. Thrive.

WHAT	Research-based personal development to help educators sustain well-being
WHO	This FREE course is offered as a member benefit to all BTU members, including paraprofessionals, related service providers, ABAs, and nurses. **Please note: Space is limited and will be filled on a first-come, first-served basis.**
WHEN + WHERE	Participants will engage in synchronous learning experiences alongside a small group of fellow educators over the course of the 2026-2027 year. Groups can choose to meet either virtually or in person! **See page 2 for specific details.**

Those who complete the program and all assignments can earn 3 Academic Ladder Credits.

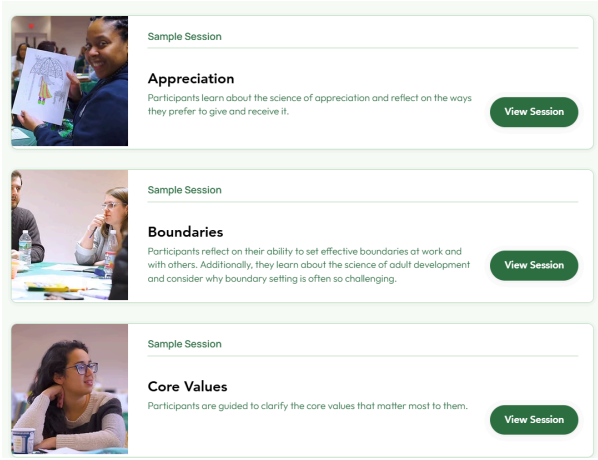
1. **Apply** by Friday, September 18: https://edthriving.org/BTUApply
2. **Want to learn more?** Watch this five-minute overview video
3. **Questions**: Email Educators Thriving (ProgramTeam@EducatorsThriving.org) or Paul Tritter (ptritter@btu.org)

EDUCATORS THRIVING

BOSTON TEACHERS UNION BTU AFT LOCAL 66 AFL-CIO

Apply here! →

How It Works

You'll have access to **online sessions** featuring research-based strategies.	You'll engage in sessions **synchronously with a small group** of between three and five other BTU/BPS colleagues.	You'll have the opportunity to apply the strategies to **overcome the five pitfalls and increase your well-being**.
		

Program Timeline

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
Applications Due: Friday, September 18	**Session 0** Week of Oct. 5 **Session 1** Week of Oct. 19	**Session 2** Week of Nov. 2 **Session 3** Week of Nov. 16	**Session 4** Week of Dec. 7	**Session 5** Week of Jan. 11 **Session 6** Week of Jan. 25	**Session 7** Week of Feb. 8 **Session 8** Week of Feb. 22	**Session 9** Week of Mar. 8 **Session 10** Week of Mar. 22	**Session 11** Week of Apr. 5 **Session 12** Week of Apr. 26	**Final Project Due:** Tuesday, June 1 **ALCs Awarded** By August 1

*Dates subject to change; participants will receive notice of any changes from their ET Teaching Fellow and via Google Classroom.