

Whole-HeartED Well-being Collective Letter to Request Financial Support from Admin

Use the following email template to ask your admin to support you in joining the Whole-HeartED Well-being Collective. Be sure to edit based on what will support you in advocating for yourself and this much deserved support and what is true for you.

Dear [INSERT ADMINISTRATOR's NAME],

I have a great interest in joining Constant Love and Learning's [Whole-HeartED Well-being Collective](#), a membership program to nurture healthy, whole educators and in turn optimize how effectively educators are able to show up for students and sustain this impact for the long haul.

The research is clear that educators' well-being is foundational for best supporting children's learning and resilience:

- The capacity to support children with social emotional learning – which has profound effects on students' social skills, behavior, mental health, academic achievement, and long-term outcomes, as well as significant cost savings for schools and society – is only as strong as the adult's social emotional competence.
- Children learn best when they feel connected, and the basis from which adults can connect includes their self- and social awareness, empathy, and capacity to form positive relationships.
- A key component of supporting children's resilience is taking care of the caretaker because of the powerful parallel process involved.
- Trauma-informed practices hinge on the adult's capacity to stay regulated even when a child's brain has dysregulated and challenging behaviors are present, and to create a safe, trusting environment with practices that are nurturing and not trauma-inducing.
- Regardless of trauma, the development of self-regulation in children requires co-regulation by an adult, who must be healthy and well enough to regulate themselves.
- Retention of high-quality educators, rather than a revolving door of new and less skilled professionals, leads to higher engagement and achievement.

While so many educators are reporting staggering rates of burnout and a desire to leave the field, I want to stay with this profession I love and would appreciate support with my physical and mental health. I want to make sure that I can show up as the best of myself rather than what's left of myself, and I believe that this will be the most important professional development I have this year, and perhaps career, because of the huge impact it will have on both me and my students.

[ADD IF THIS FEELS APPROPRIATE: It is my hope that I will not only be able to have a huge transformation that will serve me in better supporting my students, but also that I will be able to be a resource to our staff, because spreading this work can have profound benefits for our staff culture and retention, and in turn, our entire school climate and culture at [INSERT SCHOOL NAME].]

Research is also clear that spending money on the prevention of educator burnout and compassion fatigue is vital for improving retention rates, and actually has huge cost savings for schools and districts. It's [estimated](#) that teacher turnover costs 7 billion dollars per year in the U.S., with the cost of each teacher leaving estimated to cost between \$10,000 and \$25,000.

This [simple tool from the Learning Policy Institute](#) may be helpful in calculating the costs that [INSERT SCHOOL/ORGANIZATION/DISTRICT NAME] may be incurring due to staff turnover.

Given that the Whole-HeartED educator well-being program I hope to join will prevent these costs, I believe my participation will be well worth it. The Whole-HeartED Collective offers monthly guidance for how to intentionally integrate evidence-based well-being practices into my school day and life and provides tangible practices and ideas to help me show up as my best and teach my students to do the same [IF WANTING TO JOIN THE HIGHER LEVEL OF SUPPORT: plus monthly live support and coaching and a community of educators with whom to collaborate and grow]. The program teaches tools to support mental, physical, social, emotional, spiritual, and professional well-being, such as stress management, behavior change and habit formation, physical health and wellness strategies, adult social and emotional learning, mindfulness, mindset work, relationship building and conflict navigation, work-life balance, and intentional planning and time management strategies. **I believe these will be powerful tools in helping me sustainably increase my impact this school year and beyond.**

Given the direct impact evidence suggests this type of adult SEL and well-being support will have on my students' SEL and well-being, I believe that the [PUT WHAT FUNDING IDEAS YOU HAVE, such as Elementary and Secondary School Emergency Relief Fund (ESSER) funds and ...any possible school funding] would be well worth it, and **I would greatly appreciate your consideration of financial support in helping me to join the program.** The investment of

[INSERT WHEN YOU PLAN TO JOIN BY AND WHAT LEVEL OF SUPPORT:

\$297/year would grant me access to a year of Tier 2 of the program if I join by September 5, or I can pay just \$29/month...

\$444/year would grant me access to a year of Tier 2 of the program if I join by September 19, or I can pay just \$44/month...

\$99/year would grant me access to a year of Tier 2 of the program if I join by September 5, or I can pay just \$10/month...

\$148/year would grant me access to a year of Tier 2 of the program if I join by September 19, or I can pay just \$15/month...].

Additional staff can join too, with group rates available, should it be of interest to you to have colleagues join with me. [ADD IF APPROPRIATE: I know that [insert other colleagues' names] would be interested in joining as well, and I'm sure many more would be interested in these tools if they knew about them.]

[ADD IF INTERESTED IN GETTING UNITS: It is also possible that I can add on up to 3 graduate-level professional development units per year through the University of the Pacific for an added cost of \$99/unit to help me with my credential renewal requirements, and I'd appreciate any support with that as well.]

I [know educator well-being is an utmost priority in this district and] appreciate you taking the time to consider this powerful and time-sensitive opportunity. I am happy to answer any questions you may have and look forward to hearing from you.

Sincerely,

[INSERT NAME]