



Strobel Education – Proposal for Teach Happy Momentum

Included in the Package

You will receive five short professional learning videos, each 5 to 6 minutes in length. These can be used throughout the school year during staff meetings, wellness initiatives, or as standalone resources.

Topics and Key Takeaways

Keeping It Real: Dealing with Toxic Positivity

- Understanding the difference between healthy optimism and harmful positivity
- Giving educators permission to feel all emotions without guilt
- Encouraging a more authentic and supportive school culture

Redefining Happiness: A New Formula for Teacher Success

- Exploring how happiness leads to greater success, not the other way around
- Sharing evidence-based habits that increase joy and productivity
- Shifting mindsets to prioritize personal and professional well-being

Words Have Power: Using Gratitude to Rewire Your Happiness

- Showing how gratitude physically rewires the brain
- Offering easy ways to infuse gratitude into everyday teaching life
- Creating ripple effects of positivity in classrooms and teams

You're Worth It: Cultivating Your Values as an Educator

- Helping staff identify their personal values and align them with their work
- Reconnecting educators to their deeper purpose
- Reminding them that their worth is not tied to performance

Managing Stress and Anxiety

- Offering quick tools to calm the nervous system and regain control

- Teaching how to recognize early warning signs of burnout
- Equipping staff with real-world strategies for mental and emotional resilience

Investment

- Total for the five-video series that expire June 30, 2026: **\$5500**
- Optional renewal package for next year's series: **\$4500**