



Effective Mindfulness, Building Responsive and Confident Educators™

EMBRACE™ is a curriculum-based mindfulness program that provides early childhood educators a tangible way to build their emotional resiliency and reduce burnout, experience renewal in their work, and find support from their teams and community. When educators are equipped to cope with classroom challenges and manage their feelings, they will be better prepared to manage the feelings of their students and help them learn.

EMBRACE™ is a program that goes far beyond educational curriculum. It embodies a methodology to build the skillset and the mindset to reduce emotional exhaustion and shape responsive relationships. It is a four-pronged approach combining a Mindfulness Toolkit and Curriculum, intensive training, on-going research-based coaching, and a robust evaluation. It includes a menu of tools to promote educators' physical and emotional well-being, strategies to create healthy work environments, and actions to positively shift school culture. It is a program designed to increase emotional stamina - equipping educators with the right tools for the right job.

Clayton Early Learning provides the following EMBRACE™ services for educators and organizations:

- Clayton-administered training
- Clayton-administered classroom coaching
- Training of trainer model
- Evaluation
- Technical assistance
- Toolkits

Learn more at:
claytonearlylearning.org/embrace



“I started to be more aware, gain a different outlook on things... and be more positive on daily things that usually bothered me.”

EMBRACE™ Research Study



21% increase in using mindfulness techniques to observe the present moment



17% increase in understanding their mental state

