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STATE OF NEW HAMPSHIRE
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October 29, 2024

His Excellency, Governor Christopher T. Sununu
and the Honorable Executive Council
State House
Concord, New Hampshire 03301

REQUESTED ACTION

Authorize the New Hampshire Department of Education, to hold a virtual training series via Zoom meetings on dates to be determined between January and March 2025 for a total cost not to exceed \$7,500.00 to present the training series entitled: New Hampshire Educator Well-Being Course effective upon Governor and Executive Council approval through June 30, 2025. 100% General Funds.

Funds are available in Fiscal Year 2025 as follows:

06-56-56-562010-21710000-102-500731 Student Wellness - State

Fiscal Year	Class/Account	Class Title	Total Amount
2025	102-500731	Contracts for Program Services	\$7,500.00
Total			\$7,500.00

EXPLANATION

This training series will support educators and be open to teachers, administrators, and classroom support staff throughout New Hampshire. Offering each session via Zoom, will remove the distance barrier and allow for greater participation.

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Page 2 of 2

The emphasis of the trainings is on prevention science, providing educators with strategies, mindsets, and resources to support their own well-being, thus enabling them to better intentionally teach and support the students and families they work with. A cohort model will be used to support the participants. The training series incorporates adult learning theories and research-based professional development practice.

The Educator Well-Being training is a continuing education course that will offer educators professional development hours for their participation. The \$7,500.00 cost includes planning and facilitation of 10 weekly 1.5 hour sessions as well as managing the registration process and sending certificates of completion at the end of the course. See attachment A.

The Department will generate a contract separately from this request to provide the trainings.

Respectfully submitted,



Frank Edelblut
Commissioner of Education

Attachment A
Educator Well-Being Training Series

Estimated Budget

Deliverables: Well-Being Course for New Hampshire Educators	FY25
Planning, registration, curriculum, materials	\$1,500
Facilitation	\$4,500
Certificates and summary of Pre and Post training surveys	\$1,500
Total	\$7,500

Trainings will be held via Zoom once a week, from 4:00 p.m. to 5:30 p.m. dates to be determined, between January and March 2025.

Draft Program:

- Day 1** Why, What, and How of Well-Being
- Day 2** Self Awareness
- Day 3** What can we Control?
- Day 4** Time Management
- Day 5** Emotional Regulation
- Day 6** The 3Rs of Resilience
- Day 7** Communication, Collaboration, Conflict
- Day 8** Happiness, Connection, Empathy
- Day 9** Growth Mindset
- Day 10** Creating a Legacy of Well-Being

Vendor will:

1. Attend a virtual planning meeting and training debrief meeting with NHED staff.
2. Register training participants.
3. Collect pre- and post- training surveys and provide an aggregate, non-identified summary of pre- and post-results within 30-days of the closing date of this contract emailed to Molly White at molly.v.white@doe.nh.gov.
4. Host and facilitate the ten educator wellbeing course sessions via Zoom.
5. Provide completion certificates to attendees

NHED will:

1. Host the virtual planning meeting and the post training debriefing meeting
2. Support registration by advertising through email and social media
3. Attend training sessions in an observer role