

Wellness that Works

Intentional Strategies to Boost Staff
Retention and Student Success

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empowerU

Introductions



Kait Ahlbrandt, Ed.S., NCSP
Director of School Success
School Psychologist
EmpowerU Education

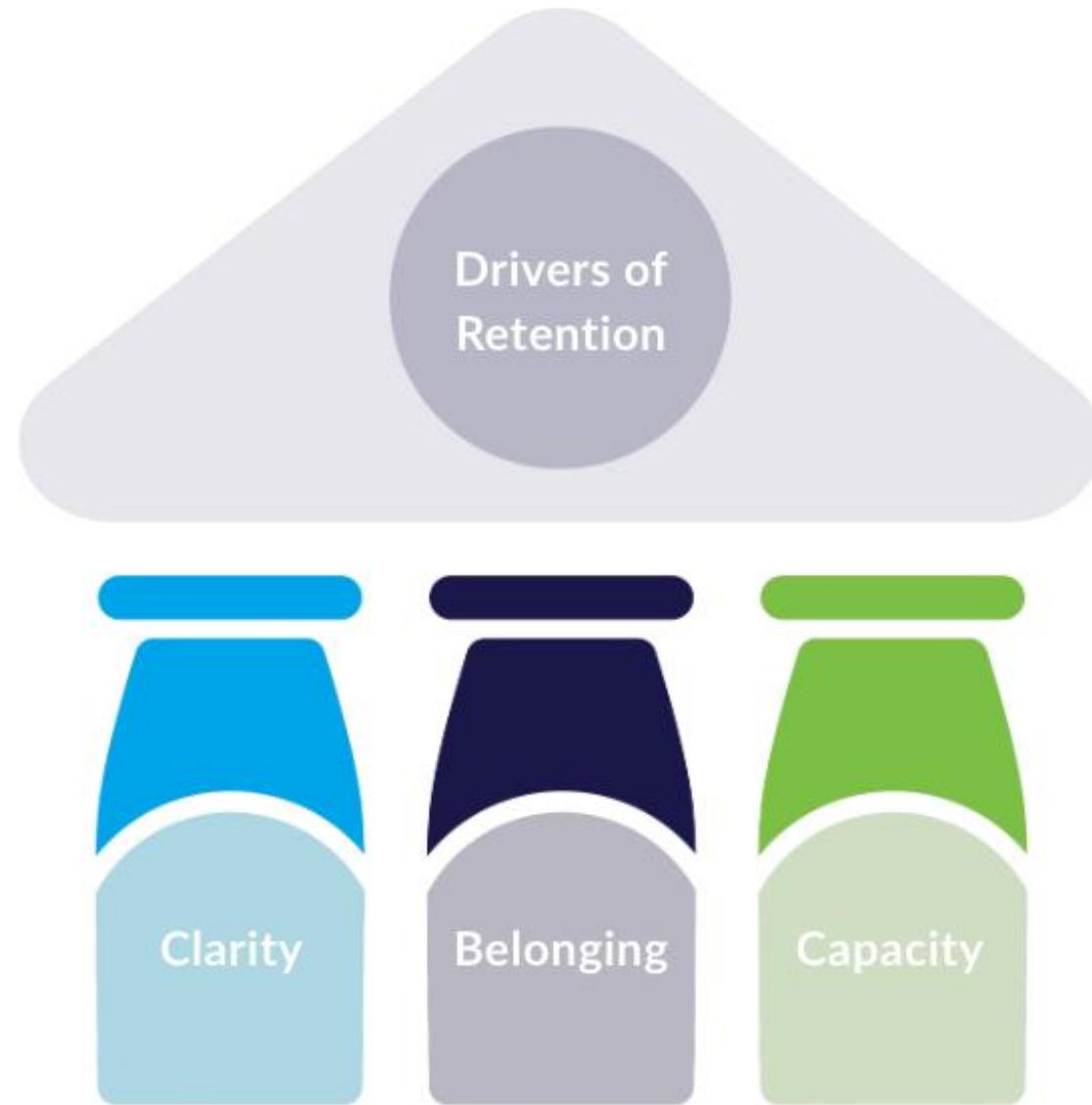
The Current Reality





Mistakes we keep making...

We treat adult wellness and student wellness separately.



Survey of 500 K-12 school counselors validates need for Tier 2

96%

agree Tier 2 interventions **help address mental health challenges before they escalate**

94%

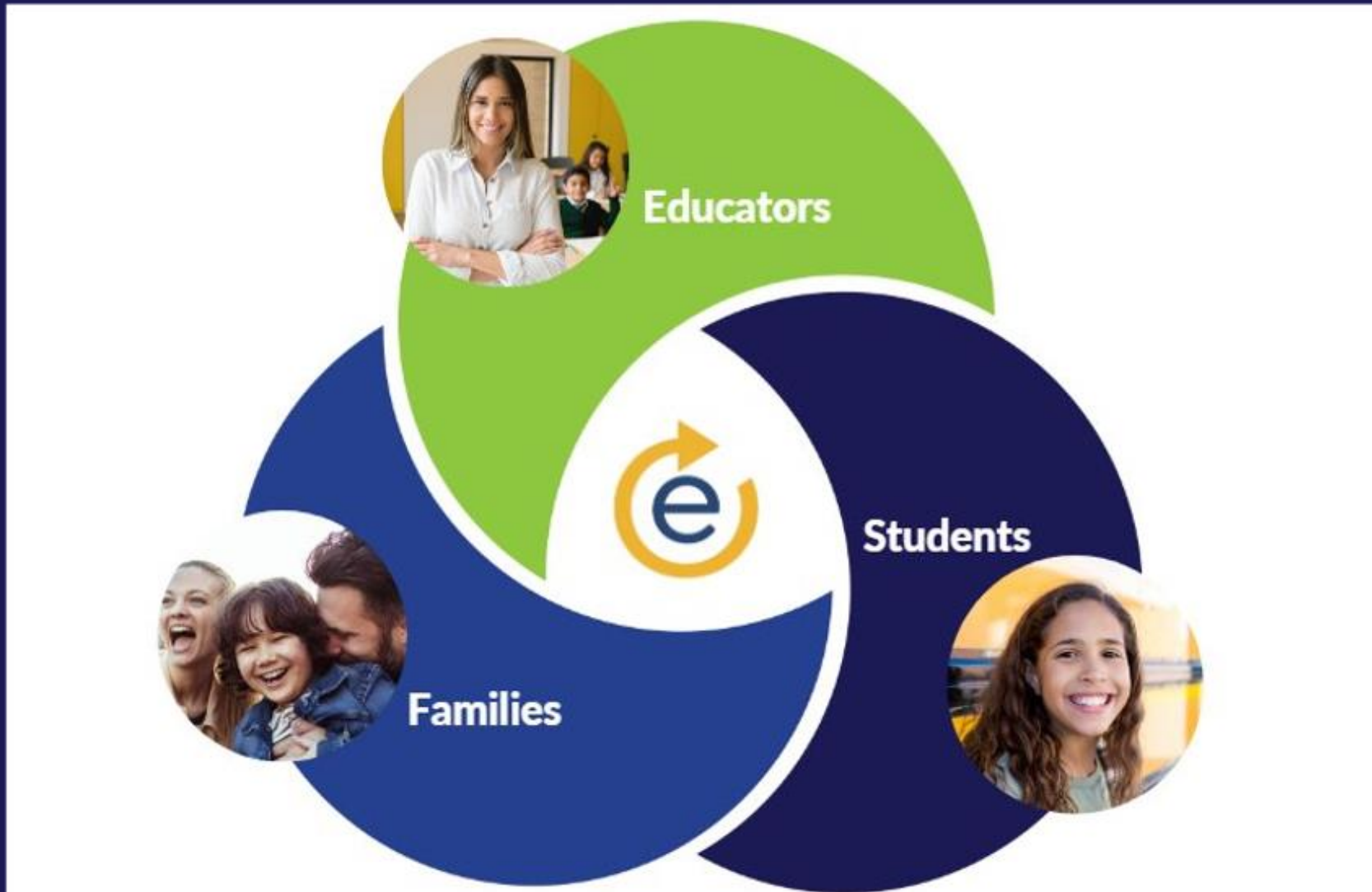
believe **proactive strategies (Tier 2) are essential** for addressing mental health challenges

63%

lack the time and resources to support students with Tier 2 needs

90%

say concerns about student mental health **negatively impact their own well-being**



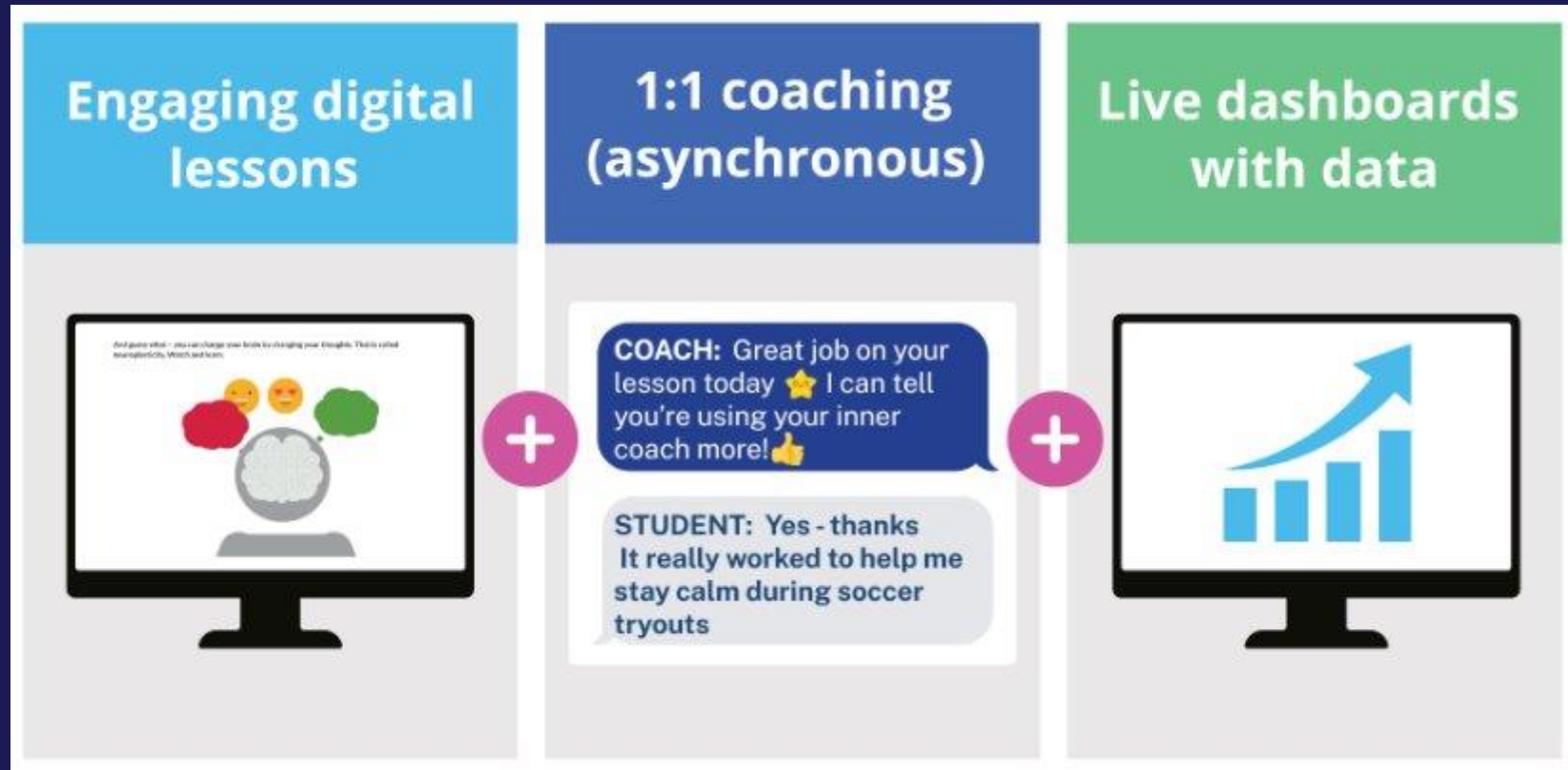


The logo for empoweru, featuring the word "empoweru" in a lowercase, sans-serif font. The "e" and "r" are white, while the "o" is a bright yellow. The "u" is white with a yellow dot above it.

empoweru

Blends both into one
simple solution

Highly Supported Tier 2 Student Intervention



Standards Aligned Core Concepts



- 1 Self-Awareness**
Student learns about self in order to best make personal changes and improve quality of life



- 2 Responsible Decision Making**
Student creates personal change by mastering strategies for habit change and motivation



- 3 Realistic Thinking**
Student improves distress tolerance by using realistic self-talk (Inner Coach over Inner Critic)



- 4 Self-Control & Regulation**
Student learns and successfully implements strategies for emotional regulation



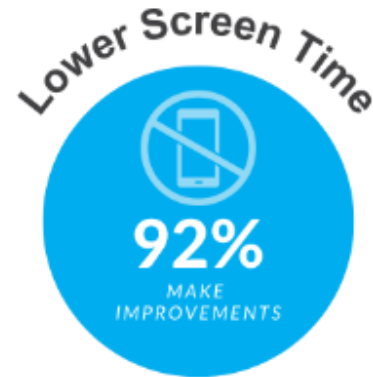
- 5 Social Connection**
Student is able to identify community of support and make more meaningful connections

Proven Student Impact

A PROGRAM DESIGNED TO FUEL GOAL PROGRESS

Students Set and Work on 2-4 Goals Throughout Their EmpowerU Program

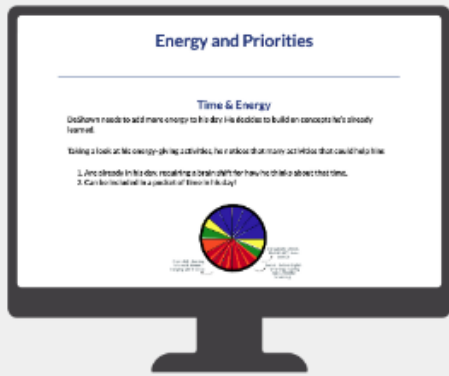
70% OF EMPOWERU STUDENTS CHOOSE ONE OR MORE OF THESE LIFE-CHANGING GOALS



DATA BASED ON 2020-2023 MIDDLE & HS STUDENTS (10,000)

Educator Resilience & Mental Health Training

Educator-centered lessons personalized to their goals



Educators complete two twenty-minute lessons each week through the EmpowerU online platform.



1:1 support and feedback

This lesson showed me how to shift the energy in my classroom. I'm now using the 5-minute breathing exercise to help my students transition after recess and it's helping them to increase their focus!

That's great! I love hearing how this lesson is helping you make shifts in your life and classroom for the better. Keep going!

A dedicated 1:1 EmpowerU coach provides personalized, asynchronous feedback to help them apply learned concepts to their goals, students & classrooms.



Improved educator *and* student well-being



As educators learn skills to improve their own well-being, they also learn strategies to help their students increase resilience.

Educator Impact

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“Our educator retention is the highest it's been in over 5 years. I'd be hard-pressed to say EmpowerU doesn't have something to do with that.”



KAREN GODFREY CLARKE
Deputy Superintendent
Bradford County School District

*This course is amazing. The strategies, the small little things make such a big difference. **I wish every educator in every school district** had the opportunity to complete this course. We would be building communities in education that are **psychologically safe and welcoming**. Imagine what education the world would look like and feel like if we had these things.*

MIDDLE SCHOOL EDUCATOR

*“Engaging in this course on personal, emotional, and social wellness has been instrumental in **rekindling my sense of purpose as an educator**. It equipped me with invaluable tools and insights to reflect on my values, motivations, and goals.”*

HIGH SCHOOL EDUCATOR

*“This course changed my life. It helped me get back to the real reason I entered the field of education - **to help the students gain the best in themselves, from themselves.**”*

HIGH SCHOOL EDUCATOR

Student Impact

"EmpowerU taught me how to incorporate my everyday values with work that needs to be completed. It also taught me how to relax in stressful situations. I loved EmpowerU because it taught me **how to value myself.**"

HIGH SCHOOL STUDENT

EmpowerU helped me realize there are strategies for things I didn't even know how to handle before. I became more in tune with myself and more aware of my energy, which **helped me feel motivated to do both the things I enjoy and the things I need to get done.** Overall, it helped me feel calmer, more focused, and more in control.

HIGH SCHOOL STUDENT

"EmpowerU has helped me make new healthy habits, recognized my values, and it has also **helped me quiet my inner critic** when I am worrying about my grades."

HIGH SCHOOL STUDENT

“

"My student was really struggling to complete his work each week. Since being in EmpowerU this past semester, he was able to knock out all classes and I saw a complete change in attitude from him. He is motivated, works hard and truly wants to do his best."

Thank you so much!



Kait Ahlbrandt, Ed.S., NCSP
Director of School Success

kait.ahlbrandt@empoweru.education