

The Happy Academy

Social and Emotional Well-Being Training for Educators and Students

Teachers and School Leaders are overwhelmingly **struggling with stress, work-life balance, and feelings of defeat**. Our students are disengaged at times and certainly need to grow their social and emotional skill set as they begin to navigate the real-world. We could all use some growth-based resilience and grit skills, while also **increasing our success in the classroom and with our students**.

The Happy Academy gives educators **ready-made, pre-recorded, downloadable, high-engaging social and emotional learning lessons for students**. But also included is a 9-month support system that teaches educators how to manage stress, overcome perfectionism, and cultivate positivity and joy as they move progress the school year.

Basically, it helps them make small, sustainable changes in their professional life and home life, which in turn **fuels their success in the classroom**. We all need skills to help us deal with the challenges in front of us as teachers as school leaders.

SUCCESS IN THE CLASSROOM

Tiny changes yield BIG results.

Being a teacher in today's world is demanding and you don't need another burden on your to-do list. **The Happy Academy** gives you a proven, step-by-step framework to help you have more energy and enthusiasm while also reclaiming your joy in and out of the classroom. It's a nine-month journey that includes clear, actionable steps that help you prioritize your well-being, overcome your perfectionism, and create work-life balance! You don't need to change everything at once.

We call it **The Happy Academy** because we want teachers and school leaders to make their happiness and well-being a priority, and we want our students to benefit from having a curriculum that includes social-emotional learning. The research shows that we change every educational outcome when we put happiness and well-being at the forefront of our lives. It's time to dedicate time to working on ourselves while simultaneously having an overall impact on the climate and culture of our schools.

The Happy Academy is a process and system with soul, science, and real talk as its driving forces. It's efficient and created to accelerate goals through a designed system of intentional implementation that gets YOU results.

It's time to make shifts in the way school leaders and teaching staff navigate a tough, but rewarding profession.

- 75% of teachers and 84% of school leaders report high levels of stress.
- 84% of teachers reported that work-life imbalance was affecting their ability to teach.
- 49% believe their workplace is having a negative impact on their mental health and wellbeing.

This is a crisis, but we can rise above this challenge together.

The **change from hopeless to happy** looks like the implementation of social-emotional learning. When you know how to practice self-care, curate exceptional relationships, choose gratitude, manage stress, create healthy habits, and shift your inner critic, you start moving the big rocks that get in the way of happiness. You can **break through upper limits**, become an **action taker**, and find your **courage to shine**.

The pressures on teachers and school leaders are real and need to be addressed, but change doesn't happen overnight. So while you work to make change in the world at large, you can also work to change your inner world—**how you can find happiness right now**.



Who is this for?

The Happy Academy is for school leaders and teachers who can relate to these statements:

“I feel overwhelmed, exhausted, and stressed a lot of the time.”

“I’ve lost my passion for teaching because it drains me.”

“I feel depleted at my job and at home.”

It’s also for teachers and school leaders who want to avoid those feelings by taking **proactive action** towards the future. And it has a huge effect on the overall climate and culture of your school.

It’s also for our students. Teachers get access to **The Happiness Lab**, which contains over 50 ready-made social and emotional lessons for students!

How many teachers have gone through this?

Over 2,000 teachers have gone through **The Happy Academy** and the success rate is currently 92%.

How are schools/districts using The Happy Academy?

Teachers get access to the STUDENT social-emotional learning lessons immediately. As far as the TEACHER professional development video lessons and implementation workbook, some schools like to have a heavy hand and use these lessons in their PLC’s or weekly meetings. Some assign the videos and workbook for completion by a certain date and then discuss their new knowledge in faculty meetings, while others let teachers take a self-paced approach to the program.



What's Included?

1. SEL Curriculum For Students

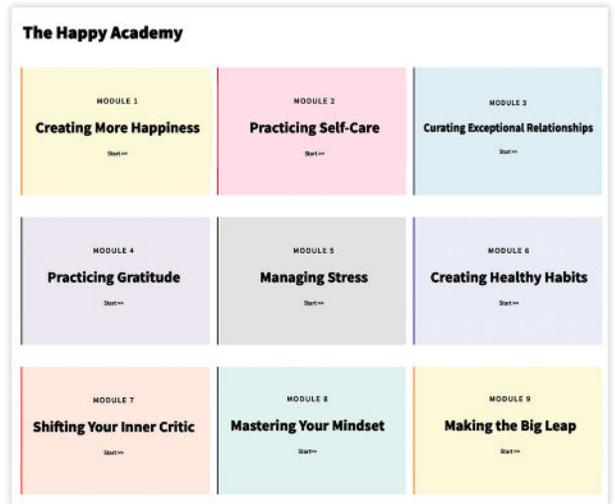
You'll get access to over 50 social and emotional lessons on-demand in our video library, including mini-lessons, student activities, and everything you need to implement this groundbreaking curriculum in your classroom.

2. The Happy Academy Video Library for Teachers and Employees

This is where Kim teaches you the MAGIC for fueling and recharging ALL parts of your life.

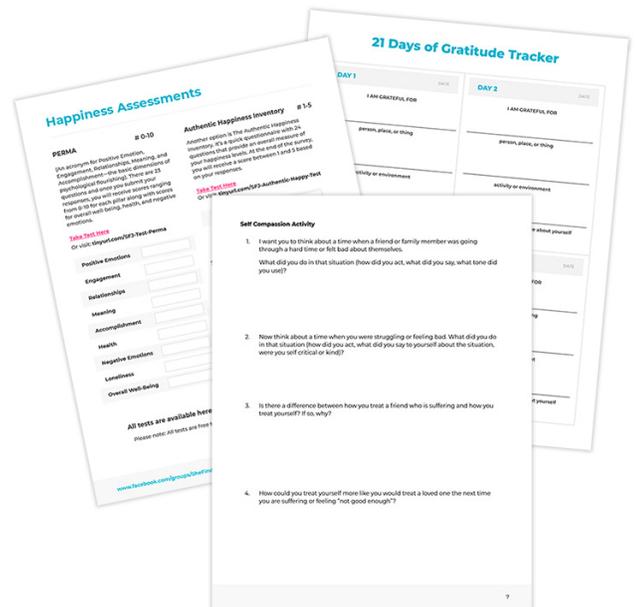
You get access to over 33 lessons where she teaches you to evaluate nine different aspects of your life. This is the blueprint that helps you get the results.

Each month we will focus on a social-emotional theme. Within that theme are two to four short video lessons where Kim teaches you one tiny habit that you will be able to implement in both your work and home life. This will set you up for **big changes**. There are nine modules spaced out over 10 months. Each month's lessons are super-short, but direct, practical, and powerful.



3. Your Implementation Workbook

It's not enough just for Kim to teach you what to do; you must do the deep inner work of realigning yourself. You will spend time reflecting and reconnecting to your truths so you can take aligned action. Each month, you will have a **workbook** to help you **focus, reflect, and make it happen**.



4. Happy Hour Group Coaching Calls

Each month, **Kim will strategically coach you** through each theme. Past participants rave about this piece of the program because it energizes them and helps make them accountable!

5. Private Facebook Group

You don't have to do this alone. Our positive, uplifting community is a great place to find connection and do real talk. You will be encouraged to share your wins, ask questions, and truly root for one another along the journey.



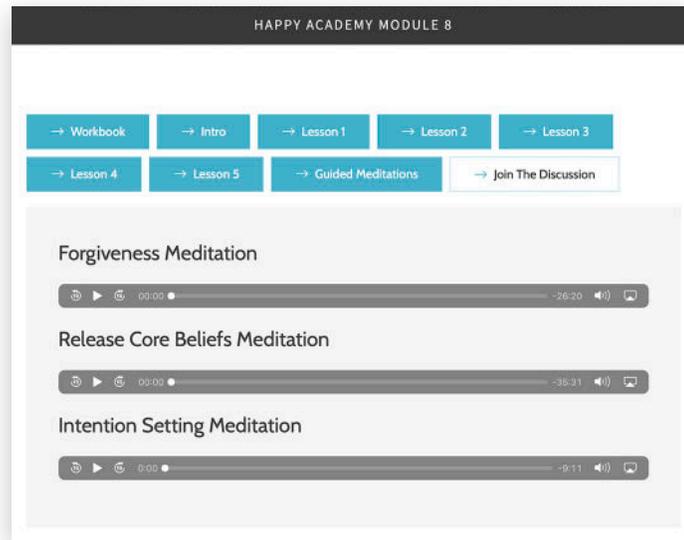
6. Bonus Content Library

Because your success matters most, Kim's included special bonus lessons from industry experts on personal development topics! By the end of these bonus workshops, you'll have a whole big picture of what's truly possible—in every single area of your life.



7. Guided Meditation and Intention Setting

It's not enough to just work with our conscious mind to attain major shifts. 95% of how we live our life comes from our **subconscious beliefs**, which is why Kim's giving you her best meditations for busting through limiting beliefs.



8. Professional Growth Certificate

After completing the course, you will receive a certificate of completion for **28 professional development hours**.



How does it work?

The Happy Academy is self-paced. Each month, we will release a new module of content for teachers, but they will get access to all of the social-emotional learning lessons for students. Also, teachers will receive **little reminders** throughout the month to keep them focused on their wellbeing, learning, and growth.

An investment of
7 - 10 hours will
transform your
entire teaching
philosophy.



How long does it take?

It's a **self-paced program** that runs from **August through May**. It includes approximately 45 minutes of lessons each month for teachers divided into small, bite-sized chunks for easy implementation.

How does it work?

When you log onto the site every month, you're going to find new resources waiting for you.

You're going to use the implementation workbook to do the deeper work from the inside out so you can achieve mindset shifts!

Each month, Kim hosts a **Happy Hour Call** so you can get strategic coaching on any blocks or challenges you are experiencing. By far, this is the participants' favorite part of the program because they get to work with Kim directly while being surrounded by their peers.

What are the monthly themes and lessons?

Here's how it breaks down, but you can also access our **blueprint** to see each month's lessons.

Module 1: Happiness Fuels Success

In this module, you'll learn the foundation of positive psychology with lessons that talk about Why Happiness Matters, What Makes Us Happy, and The Happiness Research.

Module 2: Practicing Self-Care

In this module, you'll learn how to take care of yourself and embrace your value. This work is pivotal to keep you going on your journey towards happiness because you are reminded YOU ARE WORTH IT.

Module 3: Curating Exceptional Relationships

In this module, you'll dive deeper into the connections that matter. Learn how to enhance your marriage and partnerships by engaging in quality time and by practicing how to connect more with your partner even while raising children, running a home, and having a demanding career.

Module 4: Choosing Gratitude: Journey to JOY

In this module, you'll explore The Gratitude Research, learn how to shift negative thoughts, and implement a Gratitude Practice. This is about more than being thankful; it's about shifting your perspective with intention and creating a ripple effect in your life.

Module 5: Managing Stress

In this module, you'll learn about anxiety and your brain and how to leverage the practice of meditation to manage stress. You don't have to become a Zen master to benefit from meditation. We will also learn about your brain and how the emotional response system operates in you and your students.

Module 6: Creating Healthy Habits

In this module, you'll learn about mindful eating, curating your environment for success, and how healthy habits lead to better self-care. When you fuel your body for success, you're better able to navigate life's challenges.

Module 7: Shifting Your Inner Critic

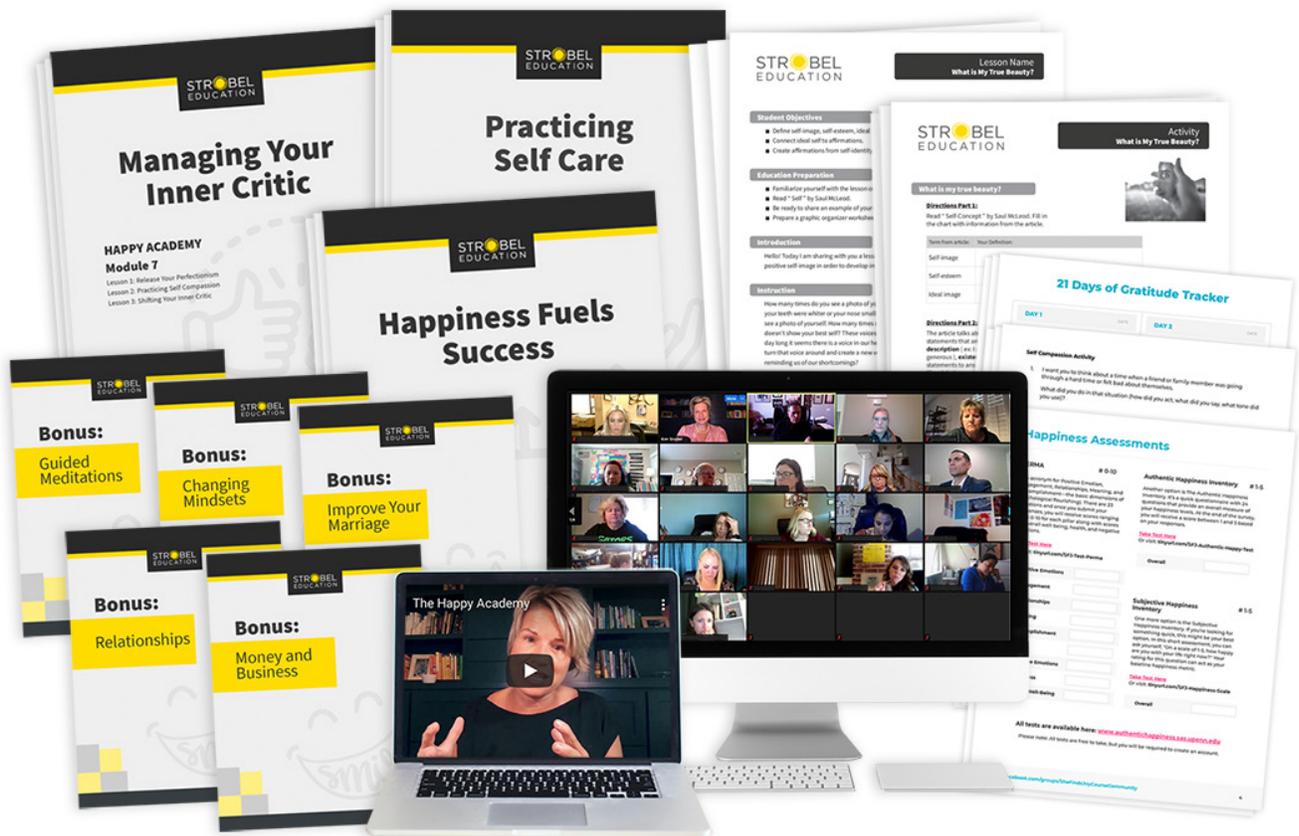
In this module, you'll learn nobody is perfect. Instead, you'll find out how to release your perfectionism and practice self-compassion. The reality is that being kind to yourself can alleviate negative self-talk, and also improves relationships

Module 8: Mastering Your Mindset

This module takes you inside mindsets, teaching you the power of beliefs, thoughts, emotions, behaviors, the hierarchy of change, and how to change your inner mindset.

Module 9: Making The Big Leap

In this module, you'll learn how to conquer the Upper Limit Problem, understand the Four Zones of Potential, breakthrough the Four Barriers holding you back, find out how to be an action taker, and how to find the courage to start playing bigger in your life.



The Happiness Lab: Social and Emotional Learning Lessons For Students

You'll get access to over 50 social and emotional lessons on-demand in our video library, including mini-lessons, student activities, and everything you need to implement this groundbreaking curriculum in your classroom.

How much does all this cost?

Bring Happiness & Well-being to Teachers

BEST VALUE

**One-Time
Purchase**

EARLY BIRD SPECIAL

\$997

Save Money By Paying One
Time. No Further Charges, Ever.

REGISTER NOW!

Early Bird Special Ends
August 22
Regularly \$1297

**Payment
Plan**

EARLY BIRD SPECIAL

\$97

x12 Monthly Payments
Total Price: \$1164

REGISTER NOW!

Early Bird Special Ends
August 22
Regular Monthly Price \$149

**School/District
Pricing**

AS LOW AS

\$41.66

*Per Seat
Don't Wait!

**Schedule A Call
With Kim**



Get results or your money back.

I know this program works if you implement it and I'm confident it will create positive outcomes for you. But if the program isn't working for you, send me an email by Sept. 10th, and I'll refund your entire payment.

Meet Kim

I'm Kim, and I founded Strobel Education back in 2015.

As a former teacher turned speaker and happiness coach, I help schools prioritize their happiness and well-being to cultivate more positivity, build their resilience, and create work~life flow!

Throughout my decades of experience, I have empowered countless others to live bigger, bolder, and braver lives and to step into what I call "The Arena of Bigness." For over 20 years, I've been a teacher, top-tier leadership consultant, and nationally recognized speaker who helps others rediscover their meaning, purpose, and passion.

Because of my own challenges and adversities, I teach others how to boldly pursue a life that feels good to them from the INSIDE-OUT. I'm a coach, not a cheerleader, so while I hope to inspire you, I'm all about getting you the results and giving you the tools to make permanent and enduring, positive changes in all areas of your life, including your school life.



Frequently Asked Questions

What if I start the program and find I just don't have the time for it? Can I stop and pick it back up later?

This is about being highly intentional and prioritizing yourself. YOU are your greatest investment, and the sooner you put this into practice, the sooner you will create momentum in your life.

As a principle, we don't believe in "I don't have time." We know life can take a turn that legitimately causes you to take a "time out," and we can and will respect that. However, out of the hundreds of clients we've served to date, very few have opted to take a time out before completing the work. That being said, you won't get everyone in your school to do this. We prefer to work with those ready to get on the bus and hope they inspire others to follow.

This is a process. The participants who get the best, most long-lasting results are the people who create the time and space to complete the plan and engage in support as needed, which is why the implementation structure is in place.

We are here to hold you accountable and support you as you stretch yourself to achieve your goal.

What if I try the program and it just isn't right for me or doesn't meet my goal? Will my money be refunded?

Short answer: there are no refunds for The Happy Academy after Sept. 10th. Here's why...

We believe in our framework and the tools and strategies you will be learning. Plus, we have tested it with over one thousand clients for over six years. So we know that it works! When you commit and maintain a high level of intention and capability, you get the results. Period.

How long is the program?

This is a nine-month journey together. Or in other words, it's nine months that can wildly improve the next thirty years of your life. But one month (March) is a support month where you have time to breathe, catch up, or just take a break!

How much time do I need each month to complete the course?

Video lessons are in bite-sized chunks ranging from five minutes to twenty-five minutes. But overall, there are approximately forty-five minutes worth of video content per month. It's all been carefully created to erase any overwhelm, and guide you through in totally manageable bite-sized pieces. The implementation workbook can take anywhere from five to thirty minutes to complete depending on your own pace.

Is it self-paced or guided?

Do you think I'd throw you into the deep end alone? Heck no! This is a course that's lead in real-time by me. We'll work through the modules month-by-month, making sure there's enough time between lessons for you to practice the things we've learned and start implementing them in your day-to-day life. I'm here for you every step of the way.

What if I can't make the Happy Hour group coaching calls?

No worries, we've got you. Each call will be recording, and we will drop the link in the FB Group the next day. And you can submit any questions ahead of time to make sure you get heard.

Am I selfish if I do this?

Not even a little bit. (I promise.) The research clearly shows when you have a coach; your success goes through the roof. Yet, we're always spending money (think: soccer, baseball, art camp, fancy coffee, Netflix & Hulu). Why is it so much easier to drive around the \$50,000 SUV but not invest in changing your future? Because we've been conditioned to think we don't deserve it.

News flash: YOU DESERVE THE WORLD. And you absolutely deserve the time & cash investment it takes to get the real results and transform the way you feel, work, and see the world.

What happens after I sign up?

Step 1: You immediately receive an email confirming your payment. But we don't begin until August. You get email notification and have everything you need to be ready to go. So while you wait, lock in the day(s) and time(s) you will set aside to start the process.

Step 2: Honor your commitment to yourself and start the process. When we officially begin in August, you will need to prioritize investing a little bit of time each month in YOU! But I promise you will start seeing the results almost immediately!

Step 3: Keep committing and engaging, and if you get stuck or need help, jump into the FB Community where you can get support from me and others who will hold space to coach you through execution.

How long will I get coaching and support?

Your program ends May 31st; however, you have lifetime access to the Facebook group.

Are there payment plans available?

Absolutely. You can pay in full or pay using the payment plan.

What's the cancellation and refund policy?

I know this program works if you implement it, and I'm confident you will see your life shift massively IF you stick to it. But if the program isn't working for you, send me an email by Sept. 10th, and I'll refund your entire payment.

What happens AFTER the program?

After the course wraps up, you'll be welcomed into the Alumni Group so you can stay connected (and accountable) with the incredible others who are doing this work, too.

How is The Happy Academy different?

The Happy Academy is a process and a system with soul, science, and real talk as its driving force. It's efficient and created to accelerate goals through a designed system of INTENTIONAL IMPLEMENTATION. You get clear, action-oriented steps and get accountability, support, and most importantly... RESULTS.

I'm not a cheerleader, I'm a coach, which means I will tell you the hard truths when I need to, and I won't blow B.S. up your "you know what." This is not just a feel-good program. This is a results-oriented blueprint to get you to start making moves in your life. This program does not fall short and gives you tons of value. Plus, I just keep things real to create a life that feels really good to us.

How to purchase?

Email support@strobeeducation.com to make your one-time purchase, set up your payment plan, or arrange for your school or district pricing.

Still, have questions?

Book a call with Kim on the Strobel Education website.

