

Hawai'i Positive Engagement Project's

SPARK *well-being* COHORT⁶

10 weeks: 1/22/22 to 4/2/22

SPARK cohorts are designed for YOU, Hawai'i's educators and parents. The purpose of this online 10-week well-being cohort is to address toxic stress resulting from the pandemic so that you are the most effective when working with students. Participants will engage in weekly research-based Positive Psychology activities designed to increase personal well-being and resilience as well as decrease stress.

- Attend 3 online interactive retreats (January 29, February 26, and April 2, 2022),
- Build connections via a private online social community,
- Engage in team work while being mentored by a peer coach,
- Envision your own Spark Call to Action Plan to help your school flourish in well-being and/or literacy (apply for up to \$500 in grant support),
- Attend an in-person celebratory retreat on November 5, 2022,
- Receive a stipend for participation.



Physical Well-Being

Focus on addressing your physical well-being through breath, sleep, and movement.



Strengths

Dive into character strengths and see how they impact self-esteem and self-efficacy.



Gratitude

Develop a habit of practicing gratitude and evoking feelings of positivity.



Meaning

Find meaning in your daily life and take time to reflect on your thoughts and emotions.



Savoring

Check in with yourself and do more of what feels good to improve your well-being.



Empathy

Learn Active Constructive Responding, a practice associated with greater life satisfaction.



**Apply by 1/8/22: <https://cde.hawaii.edu/hpep>
hpep@hawaii.edu**



Aloha parents and educators,

University Laboratory School would like to share an upcoming opportunity with H-PEP, the Hawaii Positive Engagement Project. Funded by the USDOE Native Hawaiian Education Program, H-PEP is offering FREE well-being cohorts, open to our school's education staff and parents of students who attend our school. This program is designed to support your personal well-being and flourishing!

Highlights:

- H-PEP is looking for a cohort of 60 participants this round and there will be 4 other opportunities to join different cohorts, pending grant funds (fall 2022, spring 2023, fall 2023, and spring 2024).
- Three online retreats- Team building, adaptive work, reflective practices. Designed to be experiential and fun- not "one way" learning where you sit passively for long periods of time.
- 10 weeks of Positive Psychology activities designed to increase your personal well-being, delivered asynchronously via [Slack](#), an online community. **January 22- April 2, 2022.**
- Be a part of a team and meet educators and parents from around the state.
- Work with a peer coach who is there to support you and your personal journey.
- Learn and practice SHELLS bookmaking, an activity based process that encourages positive engagement and conversation.
- Receive a stipend of up to \$325 for your participation and attendance.
- Create your own Call to Action Plan to bring well-being and/or literacy support back to our school! Receive up to \$500 per participant to bring your project to reality. Groups of participants from University Laboratory School may combine plans and money for larger projects. Plans need to be approved by school admin and H-PEP.
- Optional- Attend an in-person SPARK Celebration to celebrate your cohort's accomplishments!
- Gain access to additional resources and scholarship opportunities.

Drop In Zoom Informational Sessions

No RSVP required- just log in anytime during the times below. Project Director Dr. Naomi Rombaoa Tanaka will answer your questions answered at these informal talk story sessions. Learn more and see if this is something you want to join!

<https://coehawaii.zoom.us/my/zoomnaomi>

Meeting ID: 591 220 5893

- Session 1: Tuesday, 12/14, 5:30-6:30 pm
- Session 2: Saturday, 12/18/21, 10:00- 11:00 am
- Session 3: Monday, 12/20/21, 7:00- 8:00 pm

To Apply:

- For more information and links to apply, see the attached flyer or H-PEP's website <https://cds.coe.hawaii.edu/hpep/>
- Wednesday, 12/22/21: Early bird deadline
- Saturday, 1/8/22: Applications due