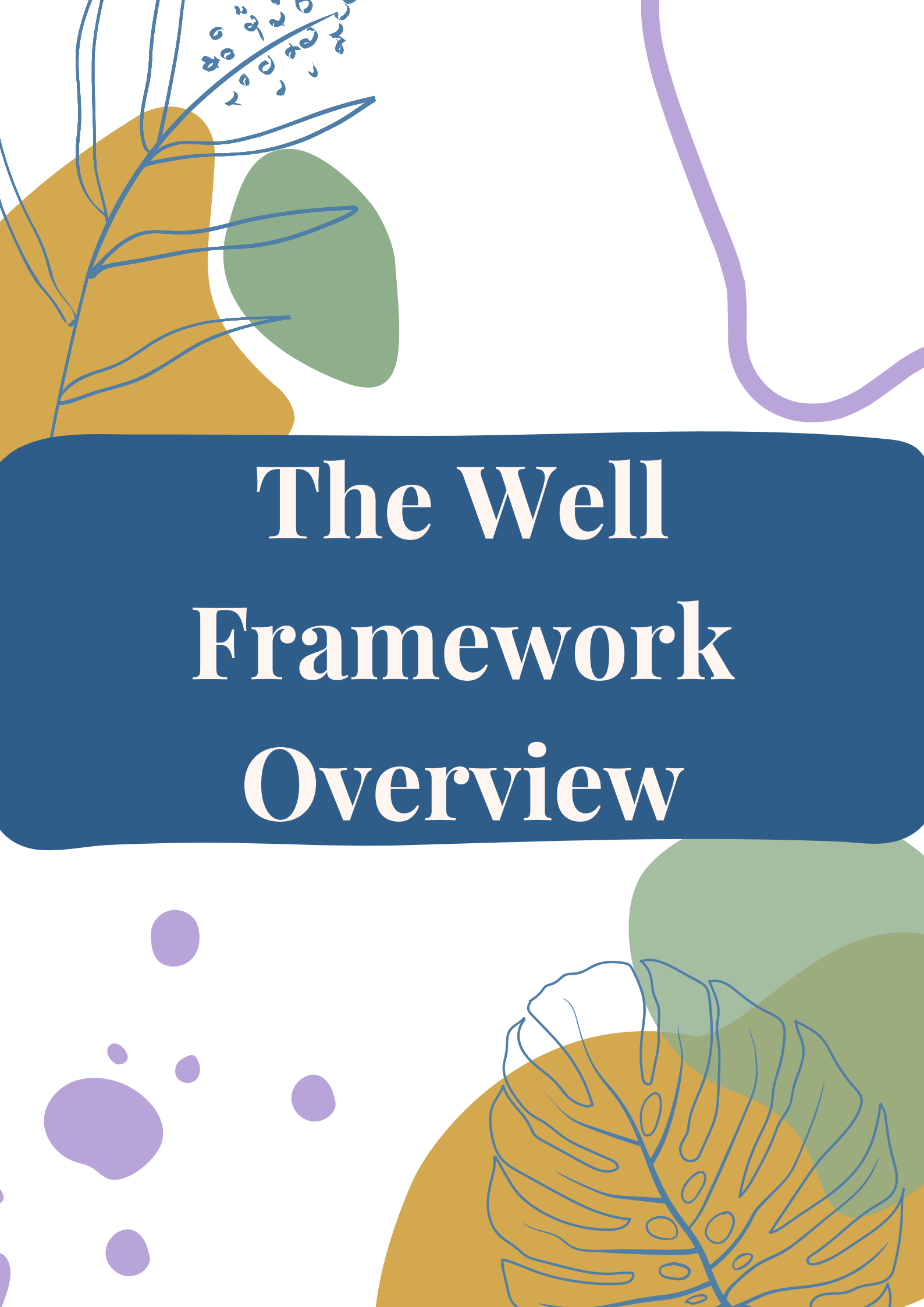
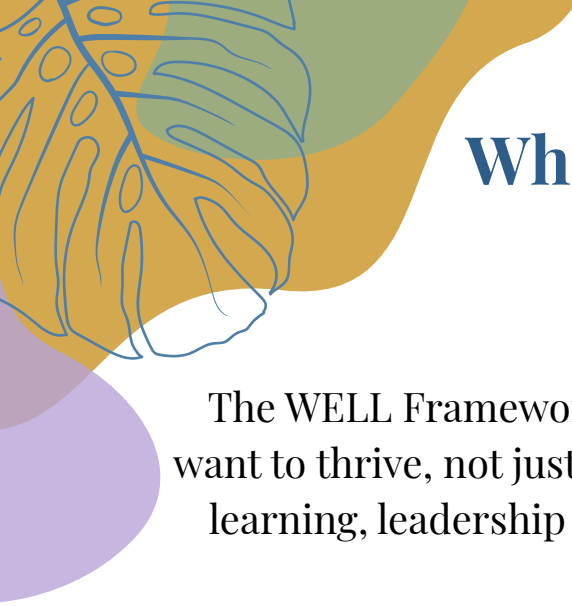




The Well Framework Overview



What Is The WELL Framework?

The WELL Framework is a 16-week guided program for educators who want to thrive, not just survive. It combines wellbeing education, reflective learning, leadership development and community connection into one structured journey.

This is not a compliance-based training course. It's a personal and professional development journey built on the belief that when educators are supported, everyone around them benefits — the children, families and communities they serve.

And it's not a course that hands you all the answers, either. You won't reach the end with a checklist of things you're now required to do, or a script to follow. Instead, it's designed to challenge you, enlighten you, and inspire you to uncover those answers for yourself.

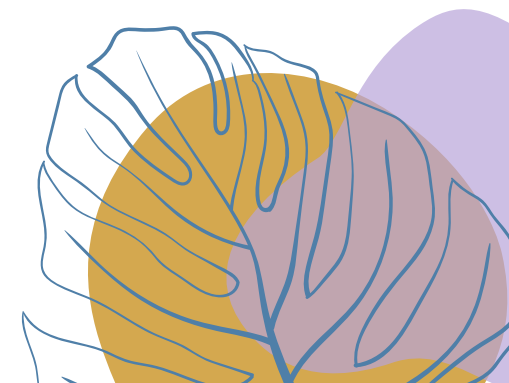
To challenge you — to gently question the habits, beliefs and patterns that may no longer be serving you.

To enlighten you — to offer new understanding, language and tools for things you've always felt but never quite had the words for.

To inspire you — to reconnect you with the sense of purpose that likely brought you to this profession in the first place.

Real growth doesn't come from being told what to think. It comes from being given the space, the tools and the support to work it out for yourself — in your own time, alongside educators walking the same path.

Because educators deserve support too. And because none of us were ever meant to do this alone.





The Four Pillars

W — Wellbeing First

Weeks 1–4 begin with the foundation everything else is built on: you. You'll unpack what wellbeing actually means (and how it's different from wellness), understand what's really happening in your brain and body under pressure, and build a Personal Wellbeing Toolkit — practical, sustainable strategies that are genuinely yours, not someone else's idea of self-care.

E — Empower Through Learning

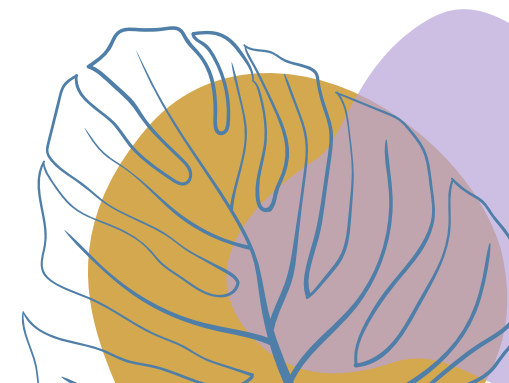
Weeks 5–8 hand your learning journey back to you. Through honest reflection and self-discovery, you'll get curious about how you learn, what drives you, and where your confidence has quietly gone missing — and start rebuilding it, on your own terms.

L — Lead With Purpose

Weeks 9–12 reframe leadership as something far bigger than a job title. You'll explore your values, your leadership style and how you handle conflict, and start leading from a place of authenticity rather than obligation — because leadership starts with how you show up for yourself first.

L — Lift Each Other Up

Weeks 13–16 turn the focus outward. You'll explore connection, belonging and the ripple effect small acts of support can have — and start building the kind of community around you that means you never have to do this alone again.





How The Program Works

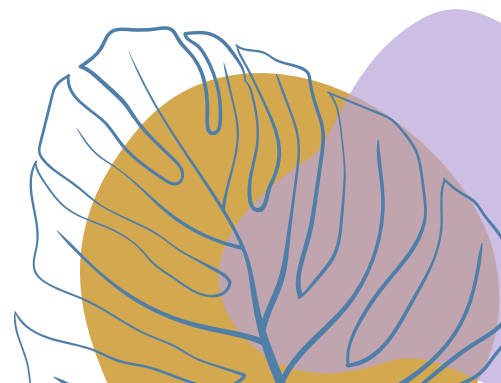
Program Structure

The program runs across a Welcome Week plus 16 weekly modules, spread evenly across the four pillars above — four weeks dedicated to each. It begins Monday, 7 September 2026 and wraps up 24 January 2027, with a genuine 3-week break over Christmas and New Year, because even a wellbeing program should model good boundaries around rest.

The Weekly Rhythm

Every week follows the same steady, sustainable rhythm, so it never feels like one more unpredictable thing to keep track of:

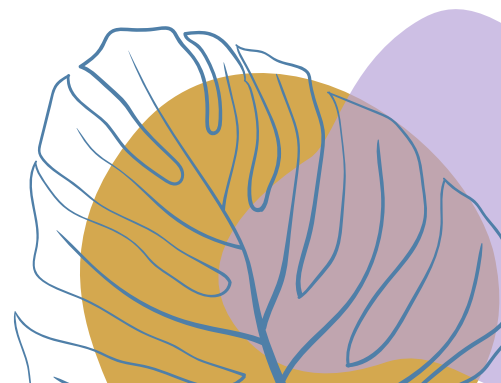
- Monday — Your Weekly Lesson Released. A video lesson, workbook activities and reflection prompts, ready whenever you have the time and headspace to sit with them.
- Wednesday — Live WELL Circle (via Zoom). A 60-minute live session for discussion, questions, wins and connection with the rest of your cohort. Can't make it live? Every session is recorded, so nothing is missed.
- Friday — Implementation Challenge. A practical challenge to apply what you've learned within your own setting, with a short reflection submitted before the next week begins.

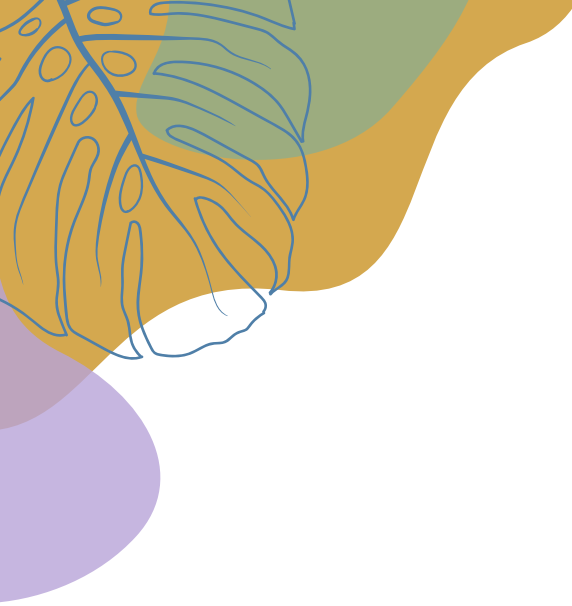




What's Included?

- A 16-week guided program, plus a dedicated Welcome Week to get you oriented and settled in
- Weekly video lessons, released at a pace that fits around real life
- A comprehensive printed workbook — yours to keep, write in, and return to long after the program ends
- Weekly reflection activities and implementation challenges to turn learning into practice
- Live weekly WELL Circle sessions via Zoom, with recordings available if you can't make it live
- The WELL Village — a private community for support and connection, for life. Once you're in, you're always welcome, program or no program.
- Your WELL Parcel — a package of physical materials that arrives alongside your printed workbook
- An optional CONNECT Pod — a small peer-support group matched by role, formed in Week 0, to keep supporting each other well beyond the program itself
- A Certificate of Completion
- A Personal WELL Reflection Report, summarising your growth, insights and emerging strengths
- A Personal WELL Growth Roadmap, with practical goals for the next 3, 6 and 12 months





Who Is This For?

Family Day Care Educators
Long Day Care Educators
Outside School Hours Care Educators
Educational Leaders and Centre Directors
Coordinators
Students and Early Career Educators
Experienced Educators

Founding Cohort Details

Start Date: Monday, 7 September 2026

Enrolment Window: Opens 1 August 2026 — Closes 18 August 2026

Maximum Participants: 30

Investment: \$897 + GST (\$89.70) = \$986.70 total, paid in full

Founding Educator Benefits

Founding Educator recognition

Founding Cohort pricing locked in for life (future cohorts move to \$1,297 + GST)

Opportunity to help shape future cohorts

Priority access to future WELL Framework opportunities

Enrolment opens 1 August 2026 — spots are limited to 30.

Visit theeducatorswellwithrachel.com to learn more and secure your place.

theeducatorswellwithrachel@gmail.com