



# Reset: Reflection and Community for Mid-Career Educators

## A Professional Learning 2-Part Series Facilitated by High 5 Adventure Learning Center

**Who is this for?** Any school district whose educators are working directly with students, including classroom teachers, special educators, school counselors, classroom assistants, paraeducators, and others who engage regularly with students. Each series accommodates 10–18 participants.



### What are the goals?

- Experiment with intentionally shifting to a slower pace in a professional context to notice how it influences awareness, decision-making, and interactions.
- Build purposeful connections with fellow educators across the district in a collaborative learning environment to share support, validation, and differing perspectives.
- Reflect on navigating the unknown in your school setting through adventure-based activities.
- Participate in a facilitated space that prioritizes reflection and personal agency, creating room for your goals, questions, and needs to emerge authentically.



### What is the commitment?

- Session 1: 7 hours (typically) 8:00-3:30 pm
- Session 2: 7 hours (typically) 8:00-3:30 pm

Sessions are ideally about 4-6 weeks apart in a setting agreed upon by the school district.

### How to learn more about High 5?

[High 5 Adventure Learning Center](#) is a non-profit in southern Vermont who supports students, educators and beyond to develop a sense of connection and community in a learning environment of discovery, challenge, and fun. Their [professional learning offerings](#) designed specifically for educators are unique in that they focus on what educators can do for themselves and each other to invigorate their passion for teaching.

You can hear what educators from Keene, NH have to say about their experience with High 5 in this

[3 minute video](#) and see more details about the program structure and themes on [these slides](#).



**If you are interested in participating, please contact: [info@high5adventure.org](mailto:info@high5adventure.org)**