



# The Heart of the System: Adult Systems of Support

## A Tiered Approach to Supporting Educator Well-Being Through MTSS

Your MTSS is only as strong as the adults delivering it. This training helps schools build a sustainable system to support educator wellness, resilience, and belonging through a tiered lens—without adding more to their plate. Educators will leave with practical strategies and a framework to embed adult SEL and well-being into the rhythm of their school culture.

### The Problem Schools Face

Everyone wants staff who is producing positive student outcomes while having a positive culture, but real support systems for adults are often missing:

- Burnout and low morale are rising
- Staff wellness is not intentionally built into MTSS
- Adults have no clear support tiers like students do
- Psychological safety and belonging are not measured
- Initiatives lack sustainability because adult needs are overlooked

Most schools don't lack care—they lack structure and tools to support the people at the heart of the system.

### What the Training Includes

#### In this powerful session, your team will:



**Define Tiered Systems of Support for Adults**  
using the MTSS framework



**Analyze sample data tools**  
like Climate & Belief Surveys to guide decision-making



**Identify Tier 1, 2, and 3 strategies**  
to support educator well-being



**Build a Staff Wellness Support Plan**  
tailored to your school or district



**Explore real-world tools**  
like wellness check-ins, feedback loops, and adult SEL routines



**Walk away with plug-and-play resources**  
to implement immediately

This training turns adult support from a “nice-to-have” into a systemic priority, this is the starting point before an initiative, framework or expectation

## What You Can Expect

After this training, your team will:

- Build a clear, tiered framework to support adult well-being
- Improve staff morale, connection, and consistency
- Increase retention and reduce burnout
- Foster psychological safety and trust among staff
- Strengthen implementation of student-facing systems by supporting the adults behind them

## Your Next Step

### We make it simple to get started.

- 1 Book a Strategy Call**  
We'll listen to your needs and determine the best fit for your team.
- 2 Choose the Delivery Format**  
Available as a 1-day or ½-day PD, coaching series, or full-year support model.
- 3 Build a System That Supports Your Staff**  
Watch staff culture improve, systems align, and retention rise.

[ [Book My Strategy Call](#) ]

[ [Download the PBIS Essentials Toolkit](#) ]

## Common Questions

### **Q: Is this just for school leaders?**

No – this training is ideal for anyone supporting adult culture and systems: school leaders, MTSS teams, wellness coordinators, and teacher leaders.

### **Q: How does this connect to our MTSS work?**

This training helps you apply MTSS principles (Tiered Support, Data, Coaching) to staff culture, aligning adult support with student-facing systems.

### **Q: Do we need a wellness initiative already in place?**

Not at all. We meet schools where they are and help build a plan that fits your current capacity and context.