

## OUR MISSION

To cultivate **psychologically safe spaces to work, learn and play.**

Through a facilitated journey of **deep self-reflection and real-time practice**, clients emerge as compassionate-minded educators who are equipped to:

- show up more authentically,
- connect with students more deeply,
- engage with families more effectively.

## OUR CORE BELIEFS

### CURIOSITY CREATES COMPASSION

We are often quick to make assumptions about other people's words and actions, crafting one-sided stories. By pausing to notice our judgments before responding, we expand our ability to exercise compassion.

### SELF-CARE = COMMUNITY CARE

Somewhere along the way, we learn to prioritize others over ourselves, or silently suffer in psychologically unsafe spaces. But by learning to care for ourselves first, we lead by example and empower others to do the same.

### CHANGE IS ALWAYS POSSIBLE

Many feel alone, powerless or ill-equipped to show up in their mission to bring more compassion to the world. We are committed to changing that by providing the tools, practices and community for change-makers to feel empowered and supported.



Who you are as a **human**  
is who you are as a  
professional.

START YOUR JOURNEY TODAY



SCAN TO GET:

INFO ON OUR SERVICES  
FREE RESOURCES  
A FREE DISCOVERY CALL

[www.ariannahoward.com](http://www.ariannahoward.com)

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A leading voice in  
compassion work; inspiring  
others to create safe spaces  
to work, learn, and **play.**



Certified WBE  
Women-Owned Business Enterprise



Certified MBE  
Minority Business Enterprise



Certified EDGE  
Encouraging Diversity, Growth and Equity

## High-Impact, Professional Learning with a Compassionate Touch

With equitable, high-quality learning environments at the forefront of conversation in schools across the nation, leaders are seeking **practical ways to promote lasting, impactful change**. Often, schools are without the necessary language and tools to enable mindset shifts and foster real, sustainable change.

Our **internationally accredited professional learning and development solutions** start with a comprehensive consultation. We'll delve into your specific challenges and sketch the vision of your desired outcomes.

Using this collected insight, we'll craft a **customized service package** that utilizes Dr. Howard's iterative **Master Trainer Cycle** of collaborative planning, service delivery, data gathering and analysis.

Our methodology, **grounded in solid research and lived experience**, is designed to meet your team where you are, be it in-person or online.



Feeling unsure about how to effectively implement your latest initiatives?

Or perhaps you're experiencing employee pushback to change? **Dr. Howard always meets you where you are.**

Her unique blend of intuitive observation and powerful questioning serves as a reliable guide for implementing the practices you need to create a deep, lasting impact.



"Dr. Howard finds the dance between education and personal exploration. She brings her full self and has mastered the ability to command a room."

AMANDA - VICE PRESIDENT  
OPERATIONS & EQUITY TEAM LEAD

## OUR SERVICES

### PROFESSIONAL TRAINING

For educators committed to building safe, inspired learning environments. We create bespoke offerings to suit your unique needs, from staff-wide training days to more focussed interventions with leadership teams.

### LEADERSHIP COACHING

For new or established educational leaders who are ready to develop the liberatory skills to show up for their student and teams in an authentic, intuitive and empowered way that leads by example.

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