

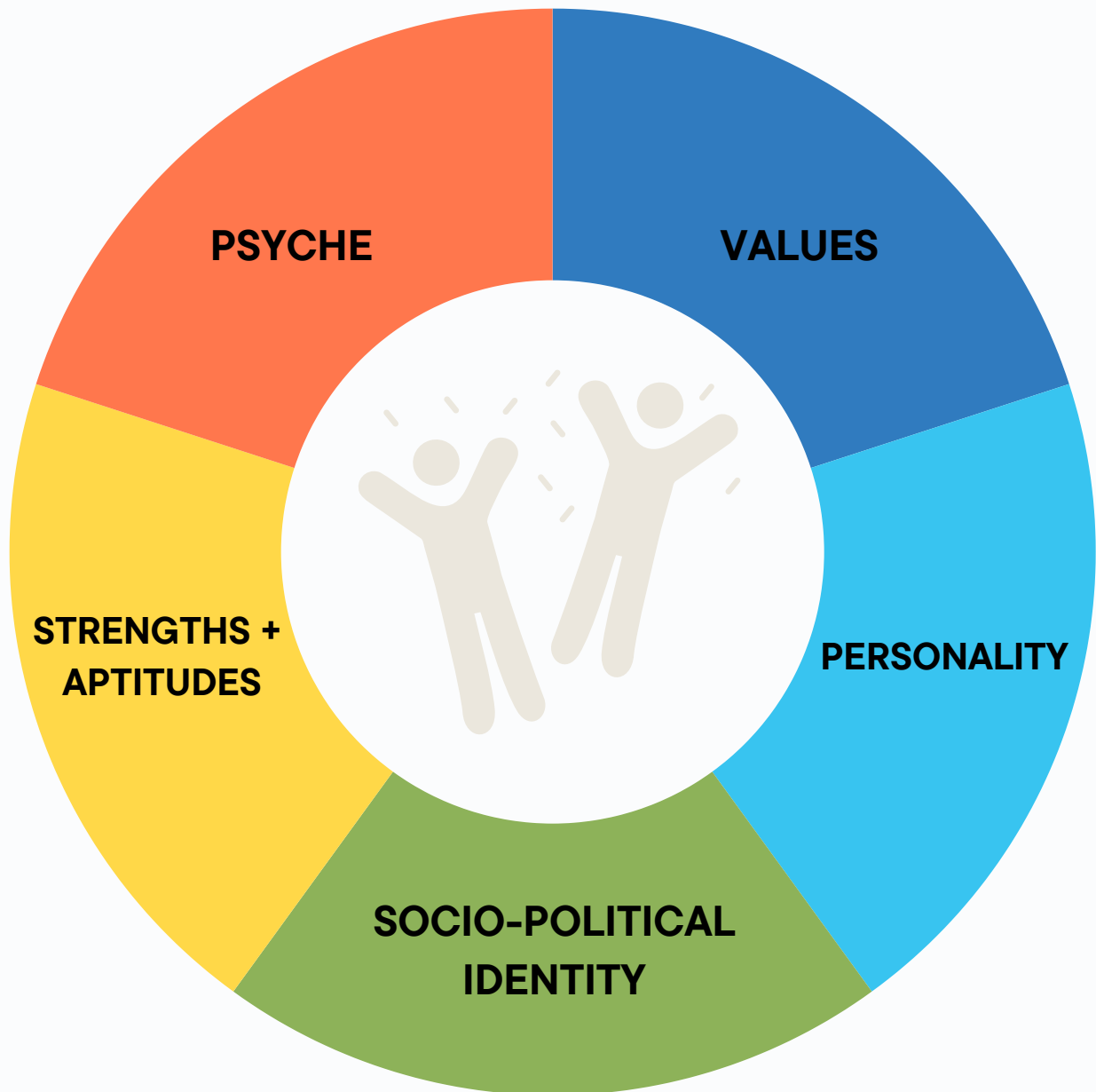
TOOL

Elements of Self



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Elements of Self



WHAT'S NEXT

Keep Learning with Bright Morning



Join our [Coaching Burnout workshop](#).

Learn how to coach through burnout—without burning yourself out.

These skills transform coaching conversations and help create workplaces where people can stay, grow, and find energy in their work again.



Access the [Coaching Emotions Toolkit](#).

Coaching emotions can be intense and intimidating. When teachers are overwhelmed, frustrated, or resistant, it can seem like they'll never make breakthroughs to serve children. But it doesn't have to be this way.

Curious what this could look like for your team?
Schedule your [complimentary consultation](#).

