
EMPOWERMENT THROUGH EMPATHY

Transforming Educator-Student Interactions
with **GUIDE**



Dear Educator,



David Wyrick, PhD
President
Prevention Strategies

Faculty life is demanding. We're pulled in many directions, striving to be great at what we do, all while trying to support our students who are facing their own challenges.

This is why I'm excited to introduce you to **GUIDE (Guiding Universities in Developing Empathy)**, a program to help us help our students—and ourselves.

GUIDE is practical training that empowers us to hold effective support conversations with students and connect them with the right resources.

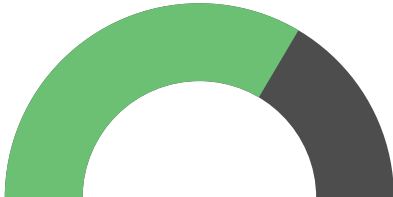
The need for GUIDE is clear.

The most recent *Healthy Minds Study* showed us that **83 percent of students** feel that mental health issues have impacted their academic performance.



And we're feeling the pressure, too.

61 percent of faculty believe we *must receive* basic training to support students experiencing emotional distress.





GUIDE will teach you to:

- Recognize the signs when a student is struggling.
- Use empathetic communication to empower and support your students.
- Engage effectively with college services to get students the help they need.

GUIDE isn't about turning you into a mental health professional.

It's about preparing you to make a real difference in your students' lives without overlooking your own well-being.

And, GUIDE complements existing QPR and Mental Health First-Aid training.

QPR and MHFA focus on crisis intervention with key protocols for safety—training we strongly support.

GUIDE, on the other hand, contributes to preventing situations from ever becoming a crises through empowering you to be intentional about student support in ways that build esteem and confidence—and encourages students to ask for help when they need it.

Together, we can create more supportive environment for all of us.

Conversations You'll Feel Good About

GUIDE is a one-time, 3-hour empathic communications training to empower college faculty and staff to conduct effective student support conversations.



FACULTY-FOCUSED


The content and pedagogy of GUIDE training was informed by higher ed faculty and staff, in collaboration with expert researchers and mental health professionals.

PRACTICAL

GUIDE is delivered as one three-hour, skills-based training that engages faculty and staff in an iterative process of learning, testing, exploring and refining skills.

PROACTIVE

GUIDE complements programs focused on mental health crisis intervention – and is meant to prevent student challenges from becoming mental health crises.



GUIDE helps us prioritize ourselves while preparing us to show up and be the difference in a student's life when needed the most.

Reflect, learn and be prepared.



Reflect on your own well-being and personal and professional boundaries to clarify your role in supporting students.



Learn a simple and effective skillset that signals your support to students in need.



Leave GUIDE training prepared with a sense of clarity and skills to support students with complex challenges.



How do we know GUIDE is effective?



GUIDE incorporates evidence-based skills and frameworks for change.

GUIDE incorporates fundamental Motivational Interviewing and Cognitive Behavioral skills practiced in helping relationships associated with counseling and health coaching—and critical to executive coaching, corporate mentorship and leadership development.



GUIDE considers the basic psychological needs of educators *and* students.

When a social context, like the classroom, contributes to the fulfillment of these basic psychological needs, one can expect that the environment supports the psychological well-being and optimal functioning of all its members. (Ryan & Deci, 2000)



“It was truly enlightening to have a different perspective through GUIDE. Providing empathy doesn’t mean that I have to change (or lower) my expectations of my students. THAT was powerful for me.”

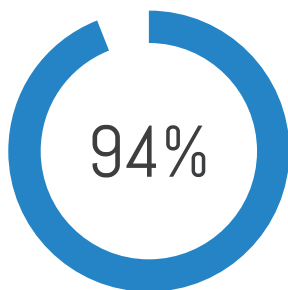
—Student Affairs Supervisor

“This was, by far, the BEST training that I have attended on the issue of supporting students with mental health challenges... It was accessible, hands-on and digestible. I have been recommending it to colleagues ever since”

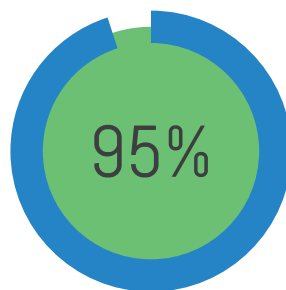
—Academic Support Staff

“I found this workshop was led in a way that was realistic and empathetic toward the challenges that educators face. We weren’t expected to do anything that adds to our workloads, but rather learned strategies to more effectively and efficiently navigate conversations and situations that are already occurring.”

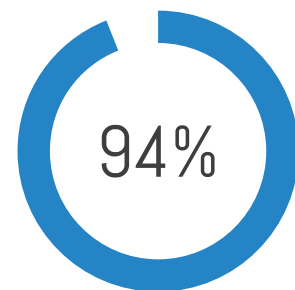
—Faculty



94% of participants agreed they are more confident in their ability to support struggling students.



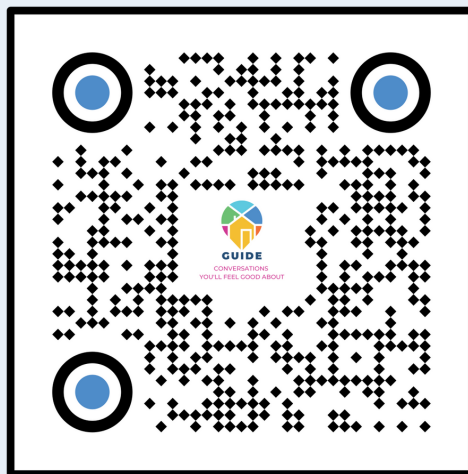
95% of participants found GUIDE helpful, personally and professionally relevant, and easily applicable to their work.



94% of participants agreed they are more confident in their ability to maintain professional boundaries to make sure their own needs are met.

WE'RE READY TO SUPPORT YOUR CAMPUS.

preventionstrategies.com/guide



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