



ignite the path

What is spark?

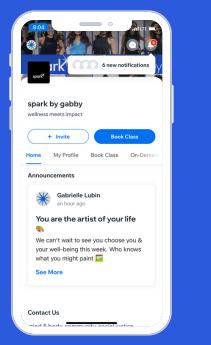
spark is a digital wellness experience that ignites your pathway to interrupt burnout.

Guided by the 8 domains of well-being, we customize monthly programming that offers outlets and strategies to address the stressors that contribute to burnout.

Our goal is to create professional communities where burnout is the exception, not the norm.



Join our community of
15 schools and
650+ educators!

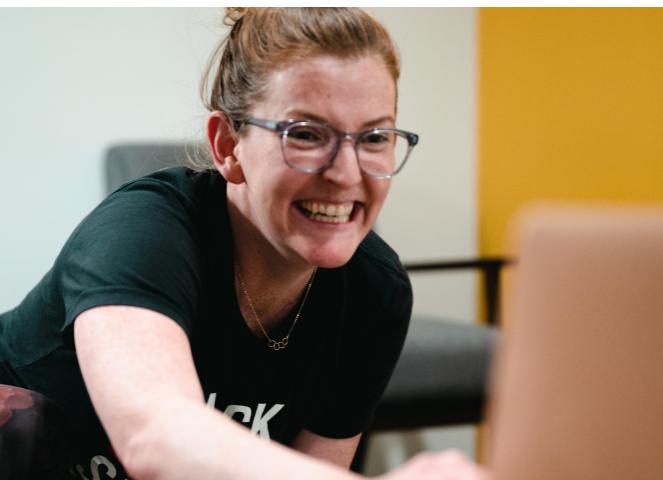


Teachers who take 2+ spark classes/week are...

+ 33% more likely to feel relaxed

+ 24% more likely to have energy to spare

spark teachers report higher scores of well-being as compared to other teachers and the general population.



Test out 30 FREE days on our platform

nourish | empower | energize
set the week | LIIT strength | LIIT cardio
finish the week | empower yoga | indoor cycling
nourish yoga | revive practice | dance cardio
revive practice | mindful practice

www.sparkthisday.com

Our platform identifies & curates at-the-ready resources to meet each teammate's needs.

The spark experience includes:

1. **Monthly customized programming** that addresses multiple conditions on the spectrum of burnout
2. **Integrated content both live & on-demand** including: mindful fitness, mindfulness, self-led practices (e.g. walking), & community engagement

Customized & Personalized Plans:

1. **Each month**, members are prompted with a self-check in through our digital platform.
2. Through **taking inventory** of their physical energy, mental well-being and upcoming workload, they identify the level of support needed to meet the needs of the month.
3. They then **choose the pathway** that corresponds with the level of support they need and receive a **curated plan** based on their choice.
4. Clients are now equipped with a relevant, realistic support plan for each week of the month that offers **multiple options** for movement practices, mindfulness, community engagement and self-led tasks.

I love life, and I've been reignited by spark.
-Elementary School Teacher



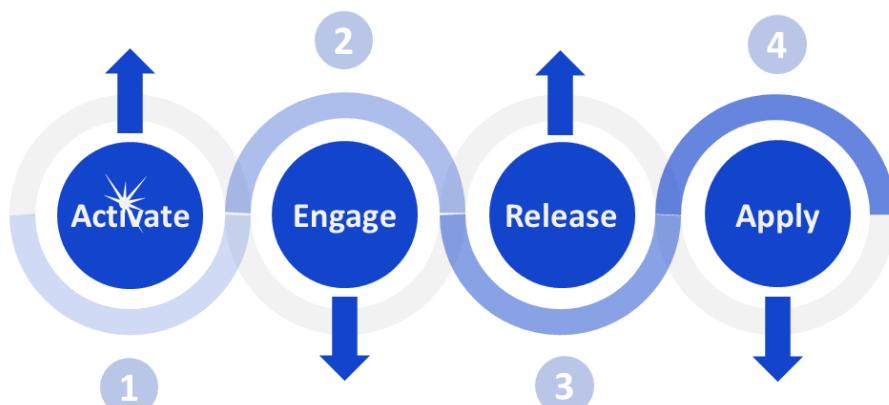
How our platform works for teams:

1. spark is designed by & for **educators**.
2. Our classes apply **research-based stress-relief principles** that allows the movement to be *more* than just a workout.
3. Our classes, mindfulness practices and community engagement provide **simple "interruption" strategies** that meet the needs of multiple stages of burnout.
4. Our experiences always carry a **takeaway tool** so the effects of the practice last long after class is over.

the spark[®] class method

We activate your body through movement & your mind through intentions

We lead a mindful moment to release tension & gain clarity



We engage your mind & body through fun & energizing exercises

You take away tools to put into practice managing through your own stress cycles



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What is included?

To support each educator's growth, we provide them suggestions throughout each month of ways in which they can opt-in to their well-being.

Options may include.

	Every week	Every month	
14	live mindful fitness classes	1	
14	on-demand mindful fitness	1	
7	journaling prompts	organization-wide challenge	
7	inspirational quotes	personal well-being quiz or exercise (e.g. Meyers-Briggs, The Wheel of Life Exercise, etc.)	
1	recipe	Our tech-based platform learns what your peers need, so that each month we get better at providing them the right resources.	
1	bite-sized initiative		





ignite the path

Why partner with spark?

Let teachers choose how THEY want to practice wellness. Our goal is to keep teachers healthy & happy so that they can show up year after year, saving your time, money, and energy in recruitment.

I love working out with fellow teachers because we are here to support and motivate each other.

-Middle School Teacher

School Partner Customization

We target our offerings to what YOU and your educators need. However, at a minimum, we expect that your school has one of the following to work with us: wellness committee, paid time for teachers to practice well-being, or physical space blocked off regularly for wellness.

How do we keep pricing affordable?

Our platform costs 70% more than what we ask of you. We do this by also offering our platform to corporate offices at a premium so you can focus on supporting your staff, not finding the funding.

1. Partial Access Options

*costs are per 12 months

On-Demand access for full staff

\$1,000

Quarterly In-Person
(DC, Chicago, Boston only)

\$1,000

spark costs less than recruiting another teacher.

2. Full Access Options

Full Platform access for full staff

\$2,000

3. Change the System Options

Full Platform + Quarterly In-Person Classes

\$3,000

Small Group Wellness Cohort
(excellent for leadership teams)

\$750 per person, 5 person min.

Wellness Planning Professional Development \$1,000/hr + travel expenses

included in all platform packages:

customized onboarding process, monthly programs & challenges, burnout education, and office hours for leadership

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