

spark 2021 Impact Results

mindful fitness that interrupts teacher burnout



A Note from Gabby, Founder & CEO

2021 was another unprecedented year in education. We faced incredible challenges that compounded our desire to help our students succeed. And despite the uphill battle, teachers who chose spark were positively impacted. Let's take a moment to celebrate the ways in which you transformed your stress into energy and more!!

Our MOY results (Aug - Dec 2021):

Teachers who take 2+ spark classes per week are:

- 39% more interested in new things
- 33% more relaxed
- 24% more likely to have energy to spare
- 21% feeling closer to other people
- 21% able to make decisions
- 16% more cheerful
- 16% more interested in other people

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

As measured by the The Warwick–Edinburgh Mental Well-Being Scale, a common psychological survey used in burnout research to measure well-being in adults.

What's behind spark's data?

spark is a meaningful, long-term component of school-wide wellness founded on research-backed stress relief principles. Here's why it works:

- **classes** - we use anti-racist & body-inclusive language and trauma-informed practices, and embed mindfulness with movement.
- **monthly challenges** - a supportive space to try something new is energizing and builds trust.
- **sense of community** - connecting with fellow educators in classes, conversation groups, and book clubs provides a support network.
- **school commitment** - through newsletters, cohort challenges, accountability buddies, and covering the cost of spark access, schools are able to show genuine structural well-being support.

What does this mean?

spark has early and meaningful benefits for educators. Our goal in 2022 is to further embed spark and its benefits into the fabric of schools, as this is not a short-term fix but a **long-term solution**.



“spark feels different. There is a grace for what we as teachers are going through, due to the pandemic, and the instructors authentically appreciate us. spark understands what teachers need from a holistic perspective, mind and body. I've noticed that when I take time for spark morning classes, doing meditation and intention-setting, I look for different ways to approach conflict throughout the day. Since my day began with a fabulous start, I don't want to let stressors knock me off course!”

- Jordan D., Specials Teacher