



Our Mission: To offer forward-thinking approaches and ideas that enhance pedagogical practices to elevate learner engagement and agency .

# Year-Long Professional Learning

## **Whole Staff**

Sustainable Schools:

Creating Positive and Focused School Cultures

- Understanding and applying principles of minimalism
- Finding purpose, prioritizing and paring down
- Decluttering our educational environments, initiatives, instruction, and curriculum

## **Teaching Staff**

### **Teacher Preparation**

*Well-Structured Classrooms*

- Setting up physical environments
- Creating cultures
- Redefining management

Redefining and refining structures and systems

### *Curriculum Design*

- Development
- Redesign and integration

### **Classroom Facing**

*Thinking Classrooms*

- Thinking routines and protocols for critical thinking
- Low floor, high ceiling instructional practices

### *Learner Agency*

- Voice, choice, responsibility, initiative in learning
- Monitor, regulate, assess learning

Online and in-person workshops and coaching available.  
Book a call to discuss the professional learning workshops you need now  
or email [tammy@planzpls.com](mailto:tammy@planzpls.com).

Hiring a professional learning facilitator and external coach to support your growth is an investment in you, your students, & your school community.

# Minimalism in Education

**IS** vs **IS NOT**

Necessary

Sustainable

About healthy well-being

About mindset

Finding purpose in what you're doing

Prioritizing tasks and people

Paring down "unnecessities"

Streamlining similar tasks or items

Implementing low prep/high impact strategies and protocols

Skill building

Being thoughtful and reflective about material, time, and space use

Unnecessary

Unsustainable

Ignoring mandates

Becoming waste-free

Doing the minimal

Impossible

Getting rid of everything

Easy

Fluffy

Taking away from rich teaching and learning experiences

# Items to Prioritize

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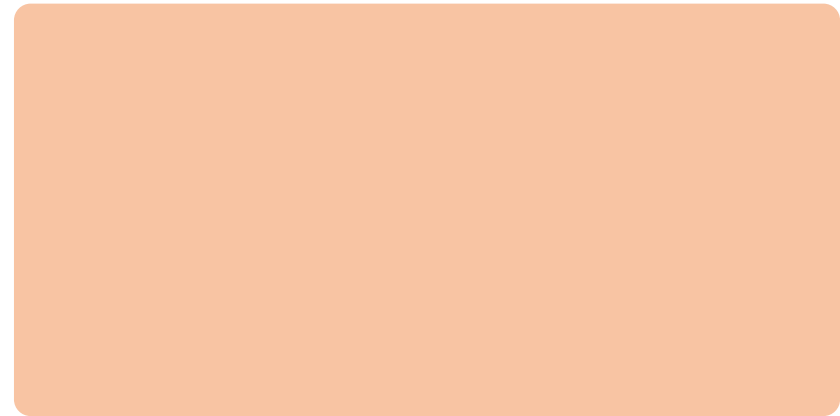


# Urgent Important Matrix

Urgent

Not So Urgent

Important



Not So Important



# Urgent Important Matrix

Urgent

Not So Urgent

Important

**HIGH PRIORITY**

Take Action Immediately

**MEDIUM PRIORITY**

Make a Plan

Not So Important

**MEDIUM PRIORITY**

Make a Plan

**NOT A PRIORITY**

Address when Time





## *Plan Z Cohort Model*

### *Sustainable Schools: Creating Positive and Focused Cultures*

#### *Overview*

Effectiveness in our roles as educators means having the necessary and rightful ability to focus on essential tasks and responsibilities. Principles of minimalism and sustainable practices such as prioritization and decluttering support educators in removing mental and physical barriers from their line of vision.

#### *Goals*

In the implementation of a cohort model of professional learning sessions, we will:

- use research to inform and guide understanding of the importance and benefits of applying principles of minimalism in educational roles and spaces,
- develop and build educator relationships through learning activities,
- create sustainable implementation plans for decluttering, and
- build educator capacity and advocacy efforts for decluttering educational spaces.

#### *Creating Positive and Focused Cultures Cohort Model*

The cohort will be guided in cultivating a school/classroom culture that values clarity, intentionality, and focus. In today's cluttered educational landscape, educators often find themselves overwhelmed with a myriad of ideas, tasks, and mental clutter that hinder their productivity and ability to provide optimal learning experiences for their students. This set of professional learning opportunities proposes a transformative approach to support educators in decluttering unnecessary burdens and adopting more sustainable practices. By embracing a minimalist mindset, educators can shift from a mindset of "too much" to one focused on priorities, resulting in increased focus, efficiency, and improved cognitive function.

During these sessions, participants will complete audits and checklists, and create lists to begin evaluations of spaces. Participants will engage in protocols, and use strategies and tools that will help them begin a decluttering process of time, initiatives, curriculum, and/or instructional practices (and more). Participants will leave with plans for moving forward as well as advocacy plans for applying the principles, practices, and strategies school-wide.

*Separate cohorts for administrators and teachers unless the workshops are site-based*

## Option 1: Hybrid Sustained Professional Learning

All Group Calls will be recorded and shared with the cohort.

Service	Time	Format	Total Price
<p><i>“Sustainable Schools: Creating Positive and Focused Cultures” Workshop</i></p> <p>This introductory session will guide you in cultivating a school culture that values clarity, intentionality, and focus. In today's cluttered educational landscape, educators often find themselves overwhelmed with a myriad of ideas, tasks, and mental clutter that hinder their productivity and ability to provide optimal learning experiences for their students. This session proposes a transformative approach to support educators in decluttering unnecessary burdens and adopting more sustainable practices. By embracing a minimalist mindset, educators can shift from a mindset of "too much" to one focused on priorities, resulting in increased focus, efficiency, and improved cognitive function.</p> <p>During this workshop, participants will complete audits and checklists, and create lists to begin evaluations of spaces. Participants will engage in protocols, and use strategies and tools will help them begin a decluttering process of big picture items. Participants will leave with a developed action plan and will share reflections and Group Check-in 1.</p>	6 hours	In-person	\$11,900 per organization booking (cost per group)
<p>Group Check-in Call 1</p> <p>This check-in will focus on participant's space audits, plans created in Workshop 1, reflection protocols, and creating a focus for moving forward with the big picture decluttering process.</p>	60 minutes	Zoom	
<p>Group Check-in Call 2</p> <p>This check-in will focus on participants' decluttering process created in Group Call 1, and the beginning of an evaluation of curriculum and instruction.</p>	60 minutes	Zoom	
<p><i>“Decluttering Instructional Spaces” Workshop</i></p> <p>Workshop will focus on participants' findings from Group Call 2 and then move into decluttering curriculum, instruction, and assessment. Participants will engage in high leverage and critical-thinking activities that can be used in classrooms with students and with teachers in meetings.</p>	6 hours	In-person	
<p>Group Check-in Call 3</p> <p>This check-in will focus on participants' implementation of high-leverage strategies and plans created in Workshop 2.</p>	60 minutes	Zoom	

<p>Group Check-in Call 4</p> <p>This check-in will focus on participants' findings and reflection since Group Call 3, and a year-end reflection on mindset and practice shifts.</p>	60 minutes	Zoom	
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### *Option 2: Virtual Sustained Professional Learning*

Sessions	Time	Format	Total Price
<i>Session 1 - Principles of Minimalism, Sustainability &amp; Prioritization</i>	90 minutes	Zoom	\$690 per person
<i>Session 2 - Let the Decluttering Begin!</i> <i>(Sessions 2-5 will focus on decluttering physical spaces, initiatives, curriculum, instruction, assessment. Time spent will depend on cohort participants and group needs.)</i>	60 minutes	Zoom	
<i>Session 3 - Decluttering</i>	60 minutes	Zoom	
<i>Session 4 - Decluttering</i>	60 minutes	Zoom	
<i>Session 5 - Decluttering</i>	60 minutes	Zoom	
<i>Session 6 - Reflections, Plans, and Advocacy</i>	90 minutes	Zoom	



### Option 3: Hybrid Snapshot Professional Learning

Service	Time	Format	Total Price
<p><i>“Sustainable Schools: Creating Positive and Focused Cultures” Workshop</i></p> <p>This workshop will guide you in cultivating a school culture that values clarity, intentionality, and focus. In today's cluttered educational landscape, educators often find themselves overwhelmed with a myriad of ideas, tasks, and mental clutter that hinder their productivity and ability to provide optimal learning experiences for their students. This session proposes a transformative approach to support educators in decluttering unnecessary burdens and adopting more sustainable practices. By embracing a minimalist mindset, educators can shift from a mindset of "too much" to one focused on priorities, resulting in increased focus, efficiency, and improved cognitive function.</p> <p>During this workshop, participants will complete audits and checklists, and create lists to begin evaluations of spaces. Participants will engage in protocols, and use strategies and tools will help them begin a decluttering process of initiatives and practices. Participants will leave with a developed action plan and will share reflections in a follow-up virtual session.</p>	6 hours	In-person	\$4750 per organization booking (cost per group)
<p>Group Check-in Call (recorded and shared to group) This check-in will focus on participant’s action plan and reflection from the summer session, and creating a plan to move forward for late winter and spring.</p>	60 minutes	Zoom	

### Payment Schedule

Via Paypal @Plan Z Holdings Inc or request an invoice at [tammy@planzplservices.com](mailto:tammy@planzplservices.com)

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