



# GROUND TEACHING

CONSULTING SERVICES

" If we trace the patterns between the dysfunction of the education system, the problem is clear: education is modeled after an industrial, mechanical operating system.

A lifeless system serving living humans for a living world.

The question then, is: *What do we do differently?* We look to the living world for new models-- and, good news! They are out there! "

**SARAH POTTLE  
CO-FOUNDER  
GROUND TEACHING**

Grounded Teaching started 4 years ago. Since then we've helped nonprofit organizations, school leaders, classroom teachers, homeschool parents, curriculum writers, and even corporations shift away from operating through extractive, mechanical models towards living models. Those we've helped have experienced more energy, more reciprocity, more purpose, and more emergence in their daily work.

CONTACT US

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[www.groundedteaching.com](http://www.groundedteaching.com)

# The Humans Behind Grounded Teaching

We are Sarah and Jess, the team behind Grounded Teaching. Our educational experience runs deep, with a total combined classroom experience of almost three decades, two National Board Certifications, Masters Degrees in Education, and thousands of young students we've had the pleasure of teaching. We've personally coached hundreds of classroom teachers, school leaders, business owners, and homeschool parents, and we have led hundreds of hours of workshops and professional developments for educators and educational leaders. Sarah has specifically worked in a few hundred schools in over fifty school districts in the United States. Sarah has been a Keynote Speaker for the Wharton school of Education and has served as a part of a Federal Department of Education working group. Sarah is the creator and host of the Regenerative Ed podcast which aims to find a new way forward for educators who care about a more regenerative future.

Despite the deep educational experience above,  
**Grounded Teaching would not exist without our work and learning outside the silo of the ed system.**

**What we've learned about living systems has mostly come from our work as organizers in local food and fiber movements, regenerative farming, health coaching & yoga, textile art, and leaders in projects that connect people.** This work outside of the educational system has humbly helped us unlearn the standard mode of operation in education and see the potential for a different way.



The remainder of this document contains information about coaching and consulting.

All offerings can be virtual or in-person.

If you'd like to explore keynote speaking or workshop services, please return to this page.

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# COACHING & CONSULTING

## WORK WITH SARAH IN TWO FORMATS



### Coaching

Meant to help you breakthrough barriers in your daily work. Maybe you want to kickstart a project, solve a leadership or culture issue, or even better understand what it is you're here to do with your unique talents. Coaching usually follows a 1-1 structure with Sarah, but if you have colleagues in the same boat, reduced rates for group coaching + accountability partners in this process can be a win-win for everyone.



### Consulting

You might be interested in consulting if you have a specific problem with symptoms of extractive systems: things like burnout, distraction, standardization, employee discontentment, and losing the thread of purpose. Instead of moving forward with a standard solution, schedule a time with Sarah to ensure you're tackling this from a life-giving foundation. Consulting also may be helpful for folks who want to generate new ideas for fresh starts, like designing a new school schedule, creating a mission statement, designing a sequence of professional development and staff support, and more.

*Our coaching and consulting work is based on a listening-first approach that starts with respect for your experience and context, connection between patterns and problems, and then co-creation of new imaginative ways to move forward.*

## POTENTIAL TOPICS

### FOR COACHING AND CONSULTING

Coaching and consulting looks unique to each need. As examples for consulting, Sarah has worked with teams of **teachers** to create deeper relationships with students, **school leaders** to create a schedule that's reciprocal, **homeschool** parents to create rituals and routines for their learners, **community educators** to approach their instruction from a more regenerative mindset, **curriculum designers** to incorporate more life-giving practices, and **organizations** to audit their internal documents. She's worked to help companies onboard employees in a more sustainable manner, has helped consult for school food forests and supporting curriculum, and has helped revise mission and vision statements for more purpose.

We follow one of several proven structures that will work best for your scenario, providing enough structure and constriction for creative and emergent ideas to come through. Sarah is waiting to hear from you! Reach out with your inquiries and schedule a time to discuss your needs.

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