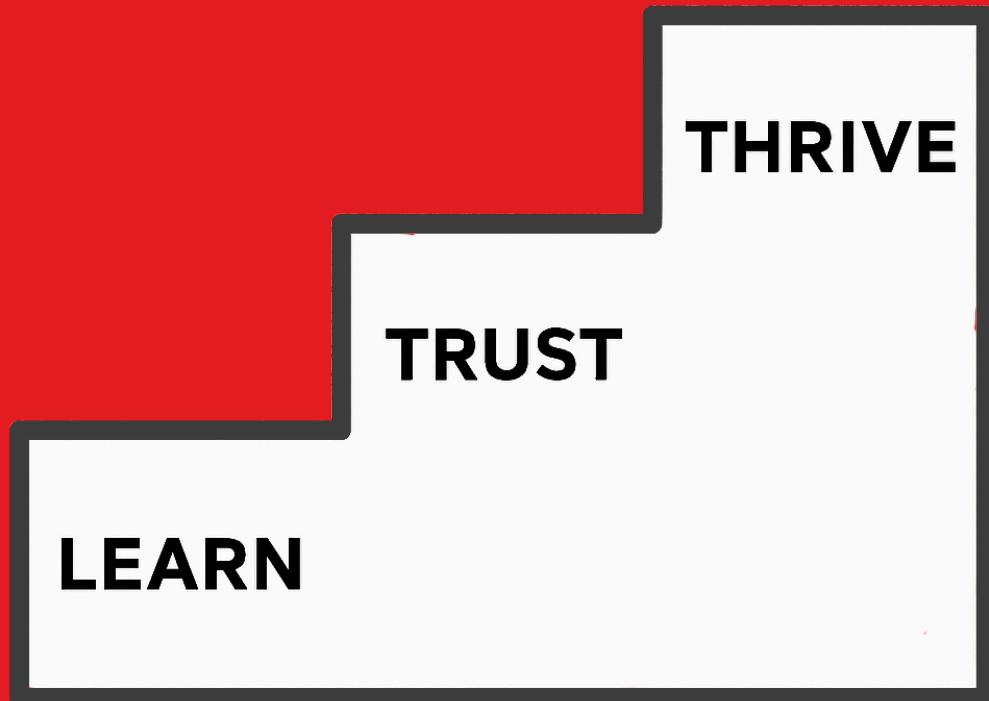


The ETM Method™

Free Overview Kit



Learn. Trust. Thrive.

Dr. Sherri Rochel



Welcome to the ETM Method™

Learn. Trust. Thrive.

By Dr. Sherri Rochel

Dear Educator,

Welcome! I'm so glad you're here.

You're holding the beginning of something powerful—a practical, flexible approach to help you teach with intention, connect with authenticity, and ignite student growth. **The ETM Method™** was born out of years of classroom experience, research, and real conversations with teachers just like you.

I created this method for educators who care deeply but are tired of burning out. For those who want to move past the checklist and reconnect with the heart of teaching. For those who know students can succeed when we meet them where they are—then help them thrive.

This **free** overview kit is your starting point. Inside, you'll find:

- A clear roadmap to get started without overwhelm
- Meaningful reflection prompts to help you see your classroom with fresh eyes
- A simple mini goal-setting tool to take action this week

Whether you're leading a class of five or fifty, **the ETM Method™** gives you the structure to support your students and the freedom to be the teacher you were meant to be.

So take a breath. Jump in. Try just one thing. Then watch what happens.

You've got this—I'm cheering you on every step of the way.

With gratitude,

Dr. Sherri Rochel

Founder, The ETM Method™

www.educationthatmatters.net

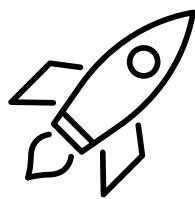
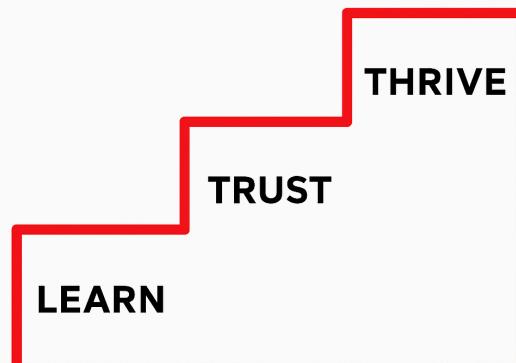
Sherri.Rochel@outlook.com



The ETM Method™

Overview

The ETM Method™ is a trauma-informed educational framework that transforms education by creating safety and authentic connections for students, to foster academic, social, and emotional growth in any learning environment.



LEARN

Laying the Foundation

This stage emphasizes structures, routines, and understanding individual student needs.

TRUST

Building Connection

Often the longest phase, here we focus on fostering relationships and establishing a classroom culture rooted in respect and care.

THRIVE

Empowering Growth

With trust established, educators empower students to set goals, take risks, and engage deeply with their learning.

From structure to connection to growth, the ETM Method™ helps create classrooms where every student can succeed.

Starter Activities for the ETM Method™ Implementation Roadmap

A clear step-by-step path to embed the *Learn-Trust-Thrive* framework in to everyday practice.

Phase 1 PREPARE

- Understand the ETM Method™ (overview, webinar, materials)
- Reflect on your current classroom or school culture

Phase 2 PLAN

- Select 1-2 starter activities from each ETM Method™ phase
- Align those activities with existing routines or classroom norms
- Set realistic, short-term goals (ex: “build trust with 3 new students this month”)

Ancor Posters to

Phase 3 PILOT

- **Classroom Circles**
- Implement selected strategies for 2-4 weeks
- Track observations, student responses, and emotional tone

Phase 4 Reflect & Adjust

- What worked? What needs tweaking?
- Gather student feedback
- Use reflections to select next-layer strategies (from trust or thrive phases)

anxiety and increase

Phase 5 Embed & Scale

- **Multiplication**
- Expand to all students or classrooms
- Integrate into daily and weekly routines
- Pair with curriculum maps, SEL supports or school-wide PD

The ETM Method™

Implementation Roadmap

A clear step-by-step path to embed the *Learn-Trust-Thrive* framework in to everyday practice.

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Phase 3 PILOT

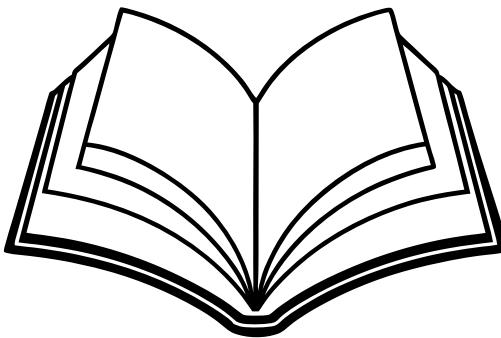
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Laying the Foundation: Your Classroom Snapshot

1. **What are 3 routines or procedures** that currently structure your classroom?

2. **Where do you see students** struggling most?

3. **How do you** currently **build relationships** with your students?

4. Which part of the **Learn-Trust-Thrive** model feels most natural to you? Most challenging?

The ETM Method™



Mini Goal Setting Template

Set Your First ETM Method™ Goal

1. What phase are you focusing on?

Learn Trust Thrive

2. What's one small, actionable goal you can **implement** in the next 2 weeks?

(Think "Start using a daily agenda board" or "Hold 2 classroom circles this week")

3. Why did you choose this goal?

4. How will you **measure** progress or success?

Observation Student Feedback Work Samples

Other: _____

5. How will you **reflect** and adjust at the end of 2 weeks?

Optional Next Step: Who can support or encourage you in reaching this goal?

The ETM Method™

Take the Next Step with The ETM Method™

Ready to go deeper with the ETM Method™?

This free overview is just the beginning. You've started reflecting, setting goals, and reimagining what's possible in your classroom. Now it's time to build on that momentum.

Here's how you can take the next step:

Download the Full ETM Starter Toolkit

Includes 15+ classroom strategies, printable student tools, and an implementation guide to carry the work forward.

 [Coming soon – join the waitlist here!]

Book a Schoolwide PD or Workshop

Bring the ETM Method™ to your whole team with a session tailored to your staff's goals and challenges.

 Email: Sherri.Rochel@outlook.com

Follow along for weekly ideas & insight

Join our learning community online for teaching tips, classroom tools, and a healthy dose of encouragement.

 www.educationthatmatters.net

 Facebook: Dr Sherri Rochel

 Instagram: @DrSherriRochel

Remember: You don't have to do it all. Just start with one shift—then build from there.

You were made for this.

—Dr. Sherri