

Teacher Leadership & Teacher

Mission Roles & Responsibilities

The Warriors at Ease (WAE) mission and work began as early research studies at the Walter Reed National Military Medical Center as well as VA Medical Centers in Washington D.C. and Miami, involving the use of yoga and meditation as an adjunct therapy. In response to the success of this clinical research, WAE has spent the past decade devoted to educating specially-trained personnel with the knowledge and skills to share yoga and meditation in a way that is safe, effective, and relevant for warriors and their families.

The success of our training and the expansion of our Global Teacher Network is creating sustainable access to mindfulness and evidence-based services in support of initiatives within the Department of Defense (DoD) and Department of Veterans Affairs (VA) dedicated to the unique needs of the military population.

The Department of Defense Mission

The Department of Defense's enduring mission is to provide combat-credible military forces needed to deter war and protect the security of our nation.

The Department of Veterans Affairs Mission

To fulfill President Lincoln's promise "To care for him who shall have borne the battle, and for his widow, and his orphan" by serving and honoring the men and women who are America's Veterans.

The Warriors at Ease Mission

Bring the power of yoga and meditation to military communities around the world through training, advocacy, programs, and partnerships.

The Warriors at Ease Vision

Integrate yoga and meditation into military and civilian settings to support the health, resiliency, post-traumatic growth, and connection of service members, veterans and their families.

The Warriors at Ease Impact Statement

Lead the industry in support of both the military and civic sectors maintaining the **quality, efficacy, and access to mission-essential resources**. Access to these resources is fundamental to the continued and sustainable health and legacy of our military community.

Shared Core Values

Compassion, integrity, commitment, and leadership.

WAE Teacher Leadership Mission

Continue to lead the industry in the access, continuity, credibility, integrity, and delivery of evidence-based and trauma-informed mission-essential resources to the Teacher Network.

1. Roles & Responsibilities

- a. Advocate; create, grow, and shape access to resources at all levels to support the fortuitous growth of teacher leadership and the Teacher Network.
- b. Resources Specialist; continued mission-relevant resource allocation and acquisition.
- c. Teacher Mentor; mindful awareness of authority and influence beyond the scope of the classroom empowering the Teacher Network to increase mission-oriented collaboration.
- d. Student; continue to be an active member of the Teacher Network.

2. Commitments

- a. Mission Guardian; willing and able to share the commitment and is open to increasing knowledge and understanding.
- b. Researcher: actively seek and inform the organization of relevant, essential, and progressive evidence-based and trauma-informed resources.
- c. Confidant: Consistently honor and respect the role of sacred witnessing as a privilege and uphold the expected acceptance, confidentiality, and integrity both during and after times of service.
- d. Adaptive Leader; demonstrate openness, integrity, compassion, and a collaborative mindset.

3. Measurable Goals

- a. Cultivate awareness and representation of the Teacher Network as a provider to the population. Create access for the Network to reach the population.
- b. Ensure a respected role as leaders in providing accessible resources for evidence-based and trauma-informed best practices
- c. Continually provide teachers with appropriate mentorship and access to resources supporting evidence-based, trauma-informed service delivery.
- d. As a perceptual learner continue to gain industry-relevant knowledge and education.

WAE Teacher Network Mission

Support and maintain the continuity, credibility, integrity, and delivery of evidence-based and trauma-informed mission-essential resources to both the military and civic sectors.

1. Roles & Responsibilities

- a. Expert Resourcer
- b. Responsible for professional accountability and flexible boundaries.
- c. Reflective and adaptive listening, awareness, and affirming
- d. Continual Learner
- e. Engaged Collaborator

2. Commitments

- a. Remain actively connected to current industry information and standards.
- b. Demonstrate authentic professionalism, accessibility, diversity, equality, and inclusion.
- c. Demonstrate openness, integrity, compassion, and a collaborative mindset.
- d. Clear and collaborative communication that is oriented towards solutions, team building, and mission legacy.

3. Measurable Goals

- a. Continuing Education
- b. Teaching Hours
- c. Student Engagement