

Welcome to Seity Health

Information for teachers

Developed by physicians and psychologists, Seity Health is a wellbeing, engagement, and performance system powered by Core Values.



What this means for your classroom

Imagine knowing what inspires and motivates every student in your classroom. That's what Core Values reveal. Everyone has 4 personal Core Values, and not only will you discover yours through the Personal Core Values Assessment, but your students will as well. And when you know your students' Core Values, you gain something no gradebook can offer: a real understanding of who each student is.

That understanding changes a classroom for the better. When students know their own Core Values and recognize them in each other, communication improves and connection grows. You'll have a shared language that everyone can use, every day.

The Learn · Love · Live™ method guides the way: Discover your personal Core Values, affirm them in yourself and others, and live them out through daily choices.

Stay connected to how students are doing



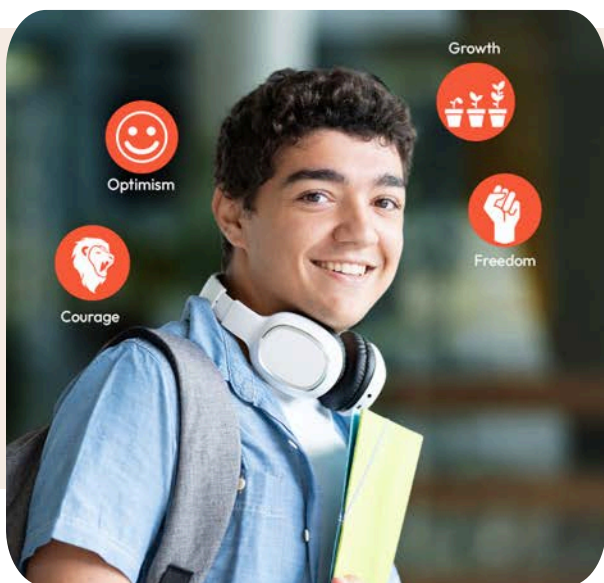
The scientifically validated Wellbeing Check-in is a 10-second way for you and your students to notice how you are doing right now.



Each wellbeing score reflects how much Energy, Direction, Belonging, and Joy you are feeling. Every Wellbeing Check-in earns an entry into a monthly prize drawing.



Your students' wellbeing scores appear daily in your student information system, so you can step in early with care when a student needs support and see when they are doing well.



“Seity has cultivated a more positive culture in our school district this year more than any other year.”

— Dr. Helio Brasil, former Superintendent,
Keyes Union School District



**Whoever you are, wherever you are, start
with personal Core Values.**

The science behind Core Values

When we live out our Core Values in healthy ways, wellbeing, engagement and performance all improve.



Activates reward centers of the brain¹



Self-compassion improves³



Higher levels of optimism and happiness⁵



Psychological distress decreases²



Increases positive behaviors towards others⁴



Performance improves at work, school, and in sports⁶⁻⁸

Confidence



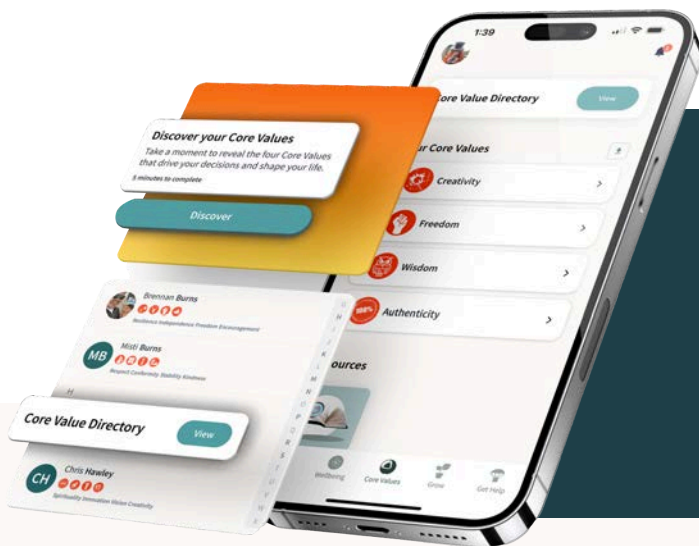
Spirituality



Compassion



Learning



Ready to begin?

Download the Seity Health App from the App Store or Google Play Store. Visit seityhealth.com to access on the web. Your login credentials arrive by email. Any questions or issues, email info@seityhealth.com.

References

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