

Jason Littlefield

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www.Humanity3Point0.com

Innovative and results-driven educational leader with over 20 years of experience in teaching, administration, nonprofit leadership, curriculum writing and professional development writing/facilitation. Proven expertise in social-emotional learning (SEL), well-being initiatives, and educational leadership. Adept at fostering positive learning environments, mentoring educators, and implementing neuroscience-backed strategies to enhance school climate, teacher resilience, and student success.

Education

Master of Education (M.Ed.) in Educational Leadership

Texas Wesleyan University, Fort Worth, TX | December 2008

Bachelor of Arts in History

Stephen F. Austin State University, Nacogdoches, TX | August 2000

Certifications

- Texas Teacher Certification: Secondary History (2002)
- Texas Principal Certification (2008)

Publications



Empowered Humanity Theory: A Framework for Living an Empowered and Dignified Life (2025) – Self-Published



Empowered Humanity Theory Workbook (2025) –

Self-Published **Key Contributions:**

- **Developed a Neuroscientifically Validated Framework for Well-being:** Created the **Empowered Humanity Theory (EHT)**, a research-backed model to enhance social-emotional well-being, resilience, and organizational culture.
- **Evidence-Based Approach:** Rooted in neuroscience and psychology, EHT provides actionable strategies for reducing stress, fostering collaboration, and promoting dignity-centered leadership.
- **Practical Application for Education and Professional Development:** Designed for K-12 schools, corporate training, and leadership development, supporting well-being, SEL, DEI, and Belonging initiatives without ideological/political polarization.

Leadership and Advisory Roles

Co-founder and Executive Director, EmpowerED Pathways (2017–2025)

- Developed and implemented the **Empowered Humanity Theory** training model to support personal and professional well-being.
- Led **SEL, mindfulness, and neuroscience-based professional development**, coaching and systems consulting for educators, leaders, and communities.

Co-founder and Board Member, Free Black Thought (2021–Present)

- Advocate for intellectual diversity and open discourse within education and social conversations to promote pluralism, critical thinking, and nuanced discussions on race and culture.

Advisor, Institute for Liberal Values (2021–Present)

- Support initiatives to reduce polarization and promote universal human dignity, freedom of expression, individualism, free markets, private property and pluralism.

Professional Experience

Adjunct Professor (Clinical Teaching Field Supervisor

Stephen F. Austin State University, Nacogdoches, TX | 2020 – Present

- Mentor and evaluate students throughout their clinical teaching process.

Received the Outstanding Field Supervisor Award Fall 2024

U.S. History Teacher

Rains High School, Rains ISD, Emory, TX | 2023–Present

- Design and deliver engaging, inquiry-based U.S. History curricula aligned with Texas state standards.
- Integrate project-based learning and technology to enhance student engagement and historical thinking skills.

Social Emotional Learning (SEL) Consultant

Dorchester County Public Schools, Cambridge, MD | 2021–2024

- Developed district-wide SEL initiatives grounded in Empowered Humanity Theory.
- Provided professional development to principals, assistant principals, and counselors on EHT integration.
- Led educator well-being and resilience training, addressing burnout through neuroscience-backed interventions.

- Utilized EHT as a framework to transform campus climate and culture.

Executive Director

EmpowerED Pathways, Austin, TX | 2017 – 2025

- Led a nonprofit focused on social-emotional learning, well-being, and professional development.
- Designed and delivered human-centered leadership training and SEL workshops for educators.

Social Emotional Learning Specialist

Austin Independent School District, Austin, TX | 2014 – 2021

- Designed and coordinated district-wide SEL professional development programs.
- Modeled direct SEL instruction and coached educators in evidence-based practices.

AP U.S. History Teacher

Bastrop High School, Bastrop, TX | 2013 – 2014

- Delivered rigorous, inquiry-based instruction that emphasized historical analysis and argumentation.

Director

Quality Schools International, Chongqing, China & Benin, Africa | 2012 – 2013

- Managed K-12 international school operations, ensuring academic and cultural alignment.
- Led curriculum development, faculty training, parent meetings and student assessment initiatives while working with local governments.

Assistant Principal

South Hills High School, Fort Worth ISD, Fort Worth, TX | 2009 – 2012

- Supervised Career & Technology, Fine Arts, and Social Studies Departments, student attendance and discipline.
- Led initiatives to establish new CTE programming

Social Studies Department Chair, Teacher and coach

Green B. Trimble Technical High School, Fort Worth ISD, Fort Worth, TX | 2003 – 2009

- Developed student-centered U.S. History and Government courses that incorporated critical thinking and civic engagement.
- Coordinated the afterschool program. Managed a \$50,000 budget for creating enrichment

opportunities for students.

- Coached varsity and JV football, varsity and 9th grade baseball, established coached the powerlifting program and established the girl's rugby team.

Social Studies Teacher

Highpoint North, Harris County Department of Education, Houston, TX | 2001 – 2003

- Taught 6-12 Social Studies to Disciplinary Alternative Education Placement students. • Applied the Boys Town behavioral intervention model to support student growth.

Kindergarten English Teacher

Cam School, Taoyuan, Taiwan | 2000

- Taught English as a Second Language (ESL) using play-based and phonics-focused instruction. • Trained local educators in American style early childhood curriculum design.

Counselor

Salesmanship Club Youth Camp, Hawkins, TX | 1998

- Provided therapeutic outdoor education and behavior intervention for at-risk youth. • Led wilderness-based experiential learning activities.
- Lived on-site with youth 24/6 in primitive outdoor setting

Expanded Key Areas of Expertise

- Psychological Safety & Emotional Intelligence in Leadership
- Teacher Retention & Burnout Prevention Strategies
- Restorative Practices & Positive Behavioral Interventions
- Coaching & Leadership Development for Educators
- Mental Health Support in Schools
- Building and Cultivating Positive Climate and Cultures
- Working with At-Risk Youth
- Solution-Focused Therapy and Problem Solving

Expanded Professional Development & Training

- The Role of Neuroplasticity in Learning & Behavior
- Integrating SEL into Academic Instruction
- Facilitating Difficult Conversations in Educational Settings
- The Intersection of Well-Being & Academic Achievement

- Creating and Cultivating Brain Based Learning Environments
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Conference Presentations

- 2017- SXSW EDU, Austin, TX *Building Resilience Through Mindfulness*
- 2018- Ed311, Arlington, TX *Integrating SEL Into Academics* • 2019- Ed311, Richardson, TX *Integrating SEL Into Academics*
- 2019-CASEL Collaborative, Sacramento, CA *SEL for Educators* • 2020- The Holdsworth Center, Austin, TX *SEL for Leaders*
- 2021-Parents Defending Education, Boston, MA
Empowered Humanity Theory: An Alternative to Dogmatic and Politicized SEL, DEI and Antiracism
- 2024-Empowered ED Leadership Summit, Sacramento, CA
Empowered Humanity Theory: A Practical Guide to End Polarization in The Classroom