

PROFESSIONAL DEVELOPMENT SESSIONS: EDUCATORS

WHY STORIES MATTER

Have you ever had a student, parent, or co-worker you just didn't get along with, or that you dreaded having to interact with? The unconscious stories we tell ourselves have significant impact on our automatic thoughts and responses. In this insightful session, we will explore how our stories impact our beliefs and views of others and practice ways to shift our stories to allow different relationship opportunities.

UNDERSTANDING STRESS, DISTRESS AND TRAUMA

Ever notice how you sometimes turn the radio down when you are looking for an address? Or sometimes you over-react to a loud noise when you are super stressed? In this engaging and enlightening session, we will explore how the brain works and why having an understanding of basic brain science is helpful for increased self-awareness and in supporting students, parents, and co-workers.

FUNDAMENTALS OF RELATIONSHIP: CONNECTION AND BELONGING

With the mounting pressure and expectations in the classroom, it's hard to know how or when to build meaningful relationships in the classroom, however we all know that when a student does not feel accepted or connected, they are more likely to be disengaged or challenging. In this lighthearted and engaging session, you will walk away with quick, fun, and insightful strategies to enhance your classroom culture of connection and belonging – which will reduce difficult behaviors and increase academic outcomes.

CO-REGULATION: THE CALMING SCIENCE ABOUT DYSREGULATION

Students are struggling more and more with the ability to self-calm and self-regulate. The idea of co-regulation is the opportunity for a student to “borrow our calm until they find their own”, yet this is often difficult to do. In this session, we will explore strategies to be a calming force in the midst of the student's chaos.

DE-ESCALATION: WHEN PREVENTION DOESN'T WORK

Let's be honest: despite how hard we try, we can't always prevent everything. Students come with their own invisible backpacks full of previous life experiences and despite our best intentions, students can become activated. In this informative and interactive session, we will explore specific de-escalation strategies to reduce classroom challenges.

HOW SHOULD I SAY THIS? (Communication Strategies for Challenging Conversations)

Approaching challenging conversations with parents, co-workers and professionals can be difficult – yet is incredibly important! In this lighthearted and insightful presentation, participants will be able to self-reflect on their personal intentions for conversations and styles of holding “emotionally charged” or “high stakes” conversations. Participants will use real life scenarios to gain new ideas and skills for holding scenarios to gain new ideas and skills for holding conversations with more successful outcomes.