

# EMPOWERING EDUCATION

## Professional Development Menu

### TOPICS

#### **The Basics: Social-Emotional Learning & Mindfulness**

In this training, we cover all the basics about SEL and mindfulness: what they are, why they matter, and how they are not just one more thing teachers should do but rather are evidence based practices that will provide countless benefits to your school and students' lives.

#### **Trauma-Informed Teaching**

With almost half the nation's children experiencing one or more serious traumas before the age of 18, it is more important than ever that schools use trauma-informed practices. The Trauma-Informed Teaching Training introduces teachers to the prevalence of trauma, adverse childhood experiences (ACEs), the needs of students who have experienced trauma, and specific trauma-informed teaching interventions.

#### **SEL & Behavior Management**

Classroom management is not separate from social and emotional learning, it's a prime opportunity to model and teach important skills of self-regulation, self-awareness, communication, and more. This training will also explore what it means to manage a classroom in a way that advances social and emotional learning.

#### **Inclusive SEL & Mindfulness for Special Education**

There are various reasons mindfulness might not be relevant to a student - let's figure out how to overcome this. This training provides all teachers tips and suggestions on how to make SEL and mindfulness fully inclusive for their students, no matter their abilities.

#### **How To Teach SEL Online**

Do your teachers want training in how to teach SEL online? If so, we can help. In this training, we'll provide practical ideas on how to teach online effectively, using a Social Emotional Learning lens, with moves and tips that are transferable to all content areas. While learning to teach online doesn't happen overnight, workshop participants have found their confidence about teaching online improves significantly over the course of one hour with us.

### TESTIMONIALS

"Awesome way to engage and collaborate with educators from across the country to interact with activities you plan to expose our children to." - Kim S., MD

"The workshop was great! They provided opportunities to collaborate with peers, and share/discuss experiences and strategies to implement SEL in the classroom." - Maria R., MO

"This workshop was great! The activities are activities that I can definitely use in my classroom. This was extremely useful. Thank you." - Octavia D., GA

### PRICING

Empowering Education members: \$300/hour

Non-Members: \$400/hour

Contact us for more information: [info@empoweringeducation.org](mailto:info@empoweringeducation.org)

