

# Professional Development Menu



Building Relationship and Increasing Resilience Series:	What will teachers & staff walk away with?	6 hours Total
<b>Weaving Mindfulness Into My Classroom &amp; My Life</b>	<ul style="list-style-type: none"> <li>• Discover easy tips and strategies for incorporating mindfulness into your life</li> <li>• Identify mindfulness strategies to use with your students</li> <li>• Learn how to set up a Relaxation Station in your classroom</li> </ul>	90 minutes
<b>Weaving Strengths Into My Classroom &amp; My Life</b>	<ul style="list-style-type: none"> <li>• Discover easy tips and strategies for incorporating strengths into your life</li> <li>• Identify strength-based strategies to use with students</li> <li>• Learn about the program's practical strength-based materials and resources</li> </ul>	90 minutes
<b>Self-Care Strategies</b>	<ul style="list-style-type: none"> <li>• Understand the impact of stress and secondary trauma</li> <li>• Learn how your mindset can reduce the impact of stress</li> <li>• Explore strategies for increasing life satisfaction</li> </ul>	90 minutes
<b>Deep Dive Into Strengths &amp; Mindfulness</b>	<ul style="list-style-type: none"> <li>• Discover and apply expert-level strength-based strategies.</li> <li>• Explore how mindful practice can be used to navigate difficult emotions experienced by teachers and students</li> <li>• Identify practical applications for yourself and your students</li> </ul>	90 minutes
<b>Building Positive Relationships with Students</b>	<ul style="list-style-type: none"> <li>• Reflect on the power of positive relationships</li> <li>• Explore three of The Character Effect's practices to build positive relationships with students fast</li> <li>• Develop a plan to build positive relationships quickly with your students</li> </ul>	90 minutes
<b>Individual Options:</b>	<b>What will teachers &amp; staff walk away with?</b>	
<b>Mental Health 101</b>	<ul style="list-style-type: none"> <li>• Recognize red flags between normal childhood development and symptoms of mental health</li> <li>• Learn how to intervene to prevent mental health concerns from escalating</li> <li>• Identify how you can support student healing with targeted Character Effect strategies</li> </ul>	90 minutes
<b>Creating an Equitable and Trauma-Informed Classroom</b>	<ul style="list-style-type: none"> <li>• Learn how trauma impacts students' social, emotional, and physical development</li> <li>• Understand how trauma shows up in the classroom</li> <li>• Equitably mitigate the effects of trauma through The Character Effect's three practices</li> </ul>	90 minutes
<b>Creating Powerful Family Engagement</b>	<ul style="list-style-type: none"> <li>• Understand the factors that impact family engagement</li> <li>• Learn how to have productive conversations and foster powerful partnerships with parents</li> <li>• Explore the parenting tips and resources from Beech Acres Parenting Center's over 175 years of experience</li> </ul>	90 minutes
<b>What's Happening Inside the Child Brain</b>	<ul style="list-style-type: none"> <li>• Learn about brain development in elementary school students</li> <li>• Understand how brain development impact's student learning and behavior</li> <li>• Identify strategies and tips to build relationships and support school-age students' social emotional learning</li> </ul>	90 minutes
<b>What's Happening Inside the Teen Brain</b>	<ul style="list-style-type: none"> <li>• Learn about adolescent brain development</li> <li>• Understand how brain development impact's student learning and behavior</li> <li>• Identify strategies and tips to build relationships and support adolescent students' social emotional learning</li> </ul>	90 minutes