

Professional Development Menu



	Descriptions
Implementation	The Character Effect™ is a universal Social Emotional Learning program that supports schools in making positive culture shifts and empowering students with essential life skills. In the Implementation, participants will be introduced to the guiding principles of our program – Character Strengths, Mindfulness, and being Intentional – and learn how we weave these practices into our holistic strategies of Teacher Support, Student Learning, and Family Engagement. Finally, they will have hands-on time to practice navigating The Hub, finding activities and resources they can use in their classrooms.
Mapping Mindfulness Into My Classroom and Life	Mindfulness is a tool one can use to cultivate more personal and community well-being. Participants will learn about and experience the benefits of practicing Mindfulness in their personal lives, then identify ways they can incorporate Mindfulness into their classrooms to foster an atmosphere of calm, focus, and kindness.
Recharge and Regain Calm	Serving in caring, child-centered fields can take a mental, physical, and emotional toll on those doing the good work. Participants will learn about the impacts of chronic stress on the body and mind and walk away with strategies they can use to care for their well-being and mitigate the impacts of compassion fatigue and burnout.
Deep Dive Into Strengths	There's more to explore when it comes to better understanding the psychology of Character Strengths. Participants will take a deeper dive into more sophisticated strengths-based theories and apply this learning to classroom management and building positive relationships.
Building Positive Relationships	The foundation for success in a classroom has always been building positive relationships with students. Participants will better understand the power of positive relationships and learn how to leverage Character Strengths, Mindfulness, and being Intentional to build authentic relationships and cultivate a culture of connection.
Mental Health 101	A better understanding of mental health can help teachers spot and mitigate its effects. Participants will be able to identify red flags between normal childhood development and symptoms of mental health, learn how to intervene to prevent escalation, and understand how Character Strengths, Mindfulness, and being Intentional can support students struggling with mental health.
Creating an Equitable and Trauma-Informed Classroom	Students who have experienced trauma often need extra support from the adults and caregivers in their lives. Participants will learn how trauma impacts children's development and behavior, and how they can use Character Strengths, Mindfulness, and being Intentional to create equitable learning environments.
Creating Powerful Family Engagement	Having strong, positive family engagement can lead to better growth and support for students. Participants will understand the factors that influence family engagement, learn how to have productive and powerful conversations with families, and will explore resources available for families through The Character Effect™.
What's Happening Inside the Child Brain	Understanding how the brain develops in childhood can help teachers meet students where they're at. Participants will learn about childhood brain development, understand how it impacts student learning, and identify strategies to help build relationships and support social-emotional learning.
What's Happening Inside the Teen Brain	Understanding how the brain develops through adolescence can help teachers engage and motivate their maturing students. Participants will learn about adolescent brain development, understand how it impacts student learning, and develop strategies to foster and support relationships during the teenage years.
PBIS	Creating and implementing a PBIS program can feel like a daunting task. Participants will learn how they can integrate The Character Effect™ more easily and authentically into their classroom management plan and school-wide PBIS initiative, ultimately creating a culture of common language, expectations, and positivity.
Uplifting Student Voice in the Secondary Setting	Uplifting student voice is key to promoting equity and emotional and social development in the secondary setting. Participants will learn how it not only fosters students' sense of identity and agency but also enhances relationships with the ability to transform the school climate.
Supporting a Positive Early Childhood Climate with Strengths and Mindfulness	Creating a positive social and emotional preschool climate takes an intentional understanding of developmentally appropriate behaviors. Participants will learn how to cultivate emerging strengths in preschool students and how to use mindfulness as a strategy for improving student self-regulation.
Digital Media Use and the Impact on Social and Emotional Wellness	Growing research has found that screen time can affect brain growth and development impacting a range of abilities including empathy and sustained attention. Participants will learn tools to support the changing developmental needs of students like impulse control, emotional regulation, and managing conflict in the classroom.
Thinking Differently: Supporting Neurodiversity in the Classroom	Neurodivergent students, often misunderstood and under-supported, can easily experience feelings of isolation and burnout. Participants will learn ways to understand, support, and empower students with Neurodivergence through the practices of Strengths, Mindfulness, and being Intentional.