



EDUCATOR CONTENT

- **Raise Them Up!**
 - In this workshop, we will engage staff in addressing self-regulation in areas of mindfulness, healthy behaviors, tolerance and empathy, and digital/social consciousness. This workshop provides a BRAND-NEW approach to helping staff develop motivation, positive behavior and resilience. We will provide team building and hands-on activities to implement in your organization as soon as tomorrow!

- **kid-grit Curriculum Overview & Lesson Planning**
 - Participants will walk through the kid-grit curriculum step by step while they learn to facilitate activities by doing them. We dive into the kid-grit modules and ask participant groups to explore and present lesson plans on the kid-grit curriculum. by adopting kid-grit concepts for themselves, educators will be ultimately helping students to build positive shifts in: -- Attitudes toward academics and school culture. -- Improved class attendance. -- Handling of face-to-face bullying and cyberbullying. -- Creative solving of discipline problems.

- **kid-grit Curriculum Overview & Restorative Practices**
 - In this workshop, we will continue to address philosophies surrounding restorative practices. Participants will then walk through the kid-grit curriculum step by step while they learn to facilitate activities by doing them. We dive into the kid-grit modules and ask participant groups to explore and present lesson plans on the kid-grit curriculum. by adopting kid-grit concepts for themselves, educators will be ultimately helping students to build positive shifts in: -- Attitudes toward academics and school culture. -- Improved class attendance. -- Handling of face-to-face bullying and cyberbullying. -- Creative solving of discipline problems.

- **Raise Them Up Not Down: A Positive Detention Strategy**
 - There is a new movement in school detention practices. Instead of punishment...schools that provide prevention and intervention strategies during detention are seeing positive results and improvement in student behaviors. Join us to learn how to launch easy hands-on activities and how to have critical discussions with youth about their own behaviors.
- **Knowledge is Power: Real-time solutions for Pandemic Panic w/ Soothing SEL**
 - Keeping with kid-grit's foundational approach to holistic SEL (mindfulness, body awareness, community and connection, and digital and social media awareness), we will train participants on how to use the kid-grit: COVID-19 Guide with their students on-line for distance learning as well as how to use it in the classroom/program. Included in this training are family engagement opportunities as well.
- **Supporting Staff that Supports Kids Coming Back with Trauma**
 - What a year! If we weren't doing it before, we better be doing it now! Not only are we supporting our students who have been enduring trauma from COVID-19 and violent protests, but we must support staff who are supporting our students or maybe even experiencing trauma themselves. In this session, we will show staff how to manage their emotional state and build strategies of resilience so they can show up for students with strength, calm, and hope.
- **Digital & Social Media Conversations: The Impact Of Poor Behaviors & The Consequences That Follow**
 - What are you saying to the world about yourself on Instagram, Snapchat and Twitter? How does your future employer see you? In this session, we will expose the impact of poor social media activity AND we will share tips and tricks on how to create a mindful positive, passionate and professional social media profiles. Join us for this interactive workshop. Bring your phones!
- **Impactful Facilitator Tips: 8 Simple Strategies For Classroom Management**
 - "How do I manage kids?" Do you wonder where to begin? Whether you are in the classroom or working in an afterschool program, explore, learn and engage in hands-on activities, personal connection and strategies to utilize with youth from all backgrounds. We will facilitate dialogue about how to

develop strong relationships with youth, lead by example, and inspire your students.

- **Let's Get Creative: Improvisational Theater Games + SEL**
 - Get ready to get going, grow, glow, gasp, growl, giggle & grin! It's no secret that improv has been utilized for decades as a method of encouraging creativity, collaboration, critical thinking, communication. We will show you how it can be used as a disguised tool for SEL! Learn how to lead simple improvisational theatre games & implement them with your staff and/or your students. We address public speaking, creative writing, language arts, character education, teambuilding, and leadership.

- **Oh No, I Have to Write a Lesson Plan? Ugh!**
 - Struggling with creating fun and innovative lessons plans for school or afterschool programs? In this workshop, we will review the basic components of a lesson plan with a twist of fun! We will learn by doing, discover, and create a lesson plan from scratch. We will share how to align lessons with standards while including opportunities for inquiry, collaboration, leadership, and reflection.

- **Service-Learning Basics: The What, Why, and How To...**
 - Looking for an introduction to service-learning? Join us for this session as we introduce your staff to the importance of building inquiry-based lessons on how to support your community! Instructional staff will learn how to build collaborative projects that help the community locally, nationally or worldwide. Topics will cover pre- reflection, research, experiential learning, advocacy, presentation, and post-reflection. After sharing the basics, we will provide time for your staff to brainstorm and plan some of their own ideas on how to implement service-learning into your program or classroom.

- **Holistic Wellness & Social-Emotional Learning**
 - Participants will examine their own self-awareness and life balance in order to assess how they are managing life during the separation from the workplace. We will introduce mindfulness and emotional intelligence strategies that help staff stay healthy and productive. Participants will be prompted to develop healthy activities and accountability forums addressing — Mindfulness, Body Awareness, Community and Connection and Digital and

Social Media Consciousness in order to build new habits that promote learning, connection, a sense of community.

- **Define the Lines: Boundaries and Expectations**
 - Struggling between knowing the difference between building trust and maintaining boundaries with your students? In this session, participants will learn how to communicate with care and strength in order to build relationships from a distance. Participants will explore how to create safe spaces, use positive behavioral interventions, and learn how to self-regulate their own emotions when triggered by a student's disruptive behavior.

- **Mindfulness & SEL**
 - In this 2- hour session, we take a deep and concentrated dive into how mindfulness and social-emotional learning are naturally connected. We will explore how self-regulation and self-care is as important for educators as it is for our youth. Each participant will examine their own self-care as it relates to serving youth and themselves!

- **Mindful Art + SEL: Creative, Hands-On Activities for Virtual and In-Classroom Learning**
 - This session offers several interactive and thoughtful activities that inspire creativity as well as build social and emotional learning (SEL) skills. Participants will learn skills in observation, analyzing, and understanding topics through the lens of visual arts, music, and how these skills connect to SEL competencies. Bring your open minds, markers and paper!

- **Holistic Wellness Wheel Exploration**
 - In this powerful and interactive SEL session learn how to use the kid-grit Holistic Wellness Wheel (HWW) as a tool to support students in self-awareness, responsible decision making, self-management, digital and social media consciousness, and social and cultural awareness. We will explore three different variations of the kid-grit Holistic Wellness Wheel, how to use it for different age levels and for staff, and how you can create your very own version(s). You will experience firsthand how the HWW builds community, how it can be used as a tool for goal setting, and deep reflection. Join us and take a deep dive into a unique approach to human development.

DISTANCE LEARNING & COMMUNITY BUILDING

- **Dynamic Facilitator Tips- Cycle 1**
 - In this two-hour workshop we will support participants in the following ways: agenda preparation, email communication before the call, room set up and background preparation, physical presence, energy and appearance, how to do activities in whole groups and in breakout groups, how to use the chat box, and preparing for a strong reflection question.

- **Dynamic Facilitator Tips- Cycle 2**
 - Looking ahead to 2021, we know we will still be in remote learning environments, fear not! We have a solution! Now that your staff has completed the kid-grit Dynamic Facilitation Tips Part I, you are ready for the second-deep dive into Part II. In this session we offer a hands-on approach to using education apps in combination with community building activities. Participants will not only find ease and flow with technology, but they will learn to engage students with social and emotional, collaborative and creative ice breakers and games.

ADULT SEL & WELLNESS

- **Rise Up!**
 - Participants will examine their own self-awareness and life balance in order to assess how they are managing life during the separation from the workplace. We will introduce mindfulness and emotional intelligence strategies that help participants stay healthy and productive. Participants will be prompted to develop healthy activities and accountability forums addressing -- Mindfulness, Body Awareness, Community and Connection and Digital and Social Media Consciousness in order to build new habits that promote learning, connection, a sense of community.

- **Slow Down with Gratitude**
 - Reflecting and continuing with the previous sessions content, participants will share their wellness and healthy behavior accomplishments. In this session we will explore gratitude as a tool for maintain happiness and building relationships within yourself, with teams and one on one.

Participants will continue to develop healthy activities and accountability forums addressing -- Mindfulness, Body Awareness, Community and Connection and Digital and Social Media Consciousness in order to build new habits that promote learning, connection, a sense of community.

- **Growth & Fixed Mindset**
 - In this session we will explore and discuss how to build a growth mindset in order to build resilience and grit over time. Participants will continue to develop healthy activities and accountability forums addressing -- Mindfulness, Body Awareness, Community and Connection and Digital and Social Media Consciousness in order to build new habits that promote learning, connection, a sense of community.

- **Sneaky Subtext**
 - Is what you do and what you think two very different actions? Is your subtext interfering with your decision making? In this session, participants will explore how to recognize thought patterns and perceptions from the past. Participants will learn a new approach to decision making based on their understanding of subtext and storing old ideas in order to have clarity and build strong communication skills.

- **Pause for Innovation**
 - The ability to know when to step back in order to create something new is a highly valued quality in the workplace. It takes courage to slow down, pause, ideate, and risk a new way of being. In this session, we will examine the power of pause in order to develop space for innovation and creativity. Participants will explore pausing to imagine a classroom or program of their dreams!

- **What Do You Ride For?**
 - Current events to date are separating us now more than ever. As educators, it is important to be able to discuss challenging topics, share ideas, and advocate for injustices. We need to create a safe space for ourselves and our students to explore race, segregation, and shifting the narrative. In this session, we will use the Freedom Rides of 1961 events to help us become aware of our power to make a change by declaring what YOU RIDE FOR!

LEADERSHIP

- **leader-grit, Emotional IQ & Social-Emotional Learning**
 - Are your team members feeling the love? Do you feel your team is disconnected at times? Wish you knew how to share the love with them? Often leaders don't pay enough attention to how their staff are feeling or should be feeling. They underestimate how central emotions are needed to build the right workplace culture. In this session, we will show a clear connection between emotional intelligence and social-emotional learning. Participants will walk away with five loving strategies that will shift the climate of your school/workplace or program. These strategies will help you and your teams "feel the love" and build the emotional intelligence of staff in order to create a more productive, positive and work environment.

- **What's My Why?**
 - Based on Simon Sinek's famous Ted Talk "Start With Why" this session helps all level of staff examine why you work in the youth space. We will reflect, share ideas and tips on how to find your spark or reignite it so that you begin to share, give and build a community where we are inspired, feel great at work, and end our days with fulfillment and purpose/

- **What Suit Am I wearing Today?**
 - Are you an administrator struggling with staff engagement and professionalism? In this workshop, we will examine how staff actions are impacting the work environment. If your staff wants to be treated well and with respect, we ask them if they are sending out the same message they are expecting in return. In this reflection-based workshop, we will create a safe space and take a deep look at professional and personal behavior. We will dive into how we show up for our colleagues and students each day, as well as how that behavior spills out into our personal lives. We work with teams to create positive accountability plans and staff driven solutions to improve the work environment. While the approach is gentle, the work we do in this session can be confronting. It's time to get honest.

CAREER READINESS (Upper MS & HS Student Workshops/Summits)

- **Fear of Public or Impromptu Speaking and the Elevator Pitch**
 - “Count backward, imagine them naked, and stare above their heads” ... The truth is, there is more to it than that! You never know when you will be expected to speak in a meeting. Or when a future employer is standing next to you in an elevator. Or when you’ll have to present in a meeting. In this fun and activity-based session we will help you build your confidence, self-management, and skills sets and be prepared to speak to anyone, anywhere, anytime!

- **Your Best Self: A Mindful Approach to Mastering an Interview**
 - You don’t know what to wear, clammy hands, and wrong answers. Where do you begin? How about with you! You are valuable and worth the job! From handshakes to wardrobe to eye-contact, we will share and discuss how to build your toolbox and gather all the best interview tips so you can hit a home run at every job interview you go to!

- **A Bad Email Is Your Problem**
 - Do you think email is the most important form of communication of the 21st century? Do you think that well-crafted emails are not a mark of your professional skills or part of your organization’s brand? Well, if it’s not on your list as the most utilized form of communication, you might be doing something wrong. If you want to be a top-level, competitive, and efficient employee/staff member in the 21st-century workspace, you better know the rules of email! The consequences can be crucial to your professional growth and your organization’s’ culture. Let’s discuss what can go wrong with email. Let’s count the ways...and fix them!

- **How to Show Off Your Superpower on a Piece of Paper**
 - Do you dread writing a resume or cover letter? We understand! In this workshop we share creative tips and tools to land that VIP interview! We start with basic formats, and then help you discover and describe who you are so that your potential employer can’t wait to hire you! You have lots to offer the world, we’ll help you get it down on paper and create a dynamic resume and cover letter!

- **Winning Career Tips**
 - Are you looking for ways to grow yourself or your staff? We will share professional moves that will jump start your career and help you stand out from the rest! In this workshop we will cover: the informational interview, how to get a 'professional' mentor, and how to run an effective meeting. It's time to shine!
- **Customer Service 101**
 - Eye contact, a warm smile, speaking clearly, basic pleasantries, follow-up and out of the box thinking. If these are foreign to you, this workshop is for you or your staff! We will help participants understand who and what a stakeholder is. We will also share ideas how to treat customers, internal colleagues as well as partners, board members etc. with respect and superior customer service. We go above and beyond to help participants understand the importance of branding, culture and, of course, how to smile.
- **Simple Ways to Set SMARTGOALS for Anyone**
 - Underperforming, unsustainable, and underachieving...is this you? Is this your staff? You can't expect to grow if you don't know what your starting point is. Measuring success starts with trackable and tangible goals. In this workshop, participants will create structured goals that support the companies/organizations annual and overarching goals, learn how to measure success, and develop an action plan. We will help companies and/or organizations performance improve while helping staff with direction and are supported with SMART goals.

HOLIDAY SESSION

- **Current Events and Crisis, Holidays, Family & Food, Oh Me, Oh My!**
 - The holidays are upon us and it's a brand-new world! Family can be stressful surrounding the holidays, maintaining healthy choices can be stressful around the holidays, being separated from loved ones during COVID can be stressful around the holidays, however will you manage? In this session we will take a deep dive into triggers and self-management. We will identify quick tools to help you make healthy choices, stay calm and keep you emotionally safe during this year's holiday season.