



## ***Professional Development Workshops***

### **ADHD - WHAT IT IS; WHAT TO DO**

Attention Deficit Hyperactive Disorder, or ADHD as it is frequently referred to, seems to be present in every classroom these days. According to a 2014 report from the Centers for Disease Control, nearly six million children have been diagnosed with ADHD. A complex condition that can take many forms, ADHD plagues many educators about how best to respond. What should we expect from these students? How do we best support them? This workshop will help school staff bolster their knowledge of the mental health condition, as well as provide them with specific ideas about how they can best respond to a student living with this disorder - whether or not the student has been diagnosed.

### **BEHAVIOR AS COMMUNICATION**

A child's behavior can be confusing, frustrating, and even infuriating to the adults around them. While their behavior may seem random or senseless, there is actually purpose and a message behind it. This interactive and exploratory workshop examines the connection between a child's behavior and the underlying message they are trying to send. Educators also have the opportunity to consider how they can guide students to increase verbal communication and effectively respond to the student's behavior.

### **BULLYING**

According to bullying statistics from 2010, there are about 2.7 million students being bullied each year by about 2.1 students taking on the role of the bully, yet bullying can be incredibly difficult for an educator to identify and discern from every day peer interactions. This interactive workshop is geared specifically towards classroom teachers so that they feel more confident and comfortable in identifying, responding, and preventing bullying in the school environment.

### **CULTIVATING RELATIONSHIPS WITH CAREGIVERS**

The partnership between educator and caregiver is one of the most important for a student's success while also one of the most tenuous. This workshop provides educators with an opportunity to discuss the common challenges around communicating with caregivers as well as explore a new, empirically supported approach. An interactive workshop with activities for multiple modalities, this presentation can be customized in content and length (ranging from 60 to 120 minutes) to best suit your school's needs.



## **CULTIVATING RELATIONSHIPS WITH CAREGIVERS II**

A follow-up for educators who have completed the first installment, this workshop focuses on a more in-depth application of the skills teachers previously learned. Using real-life situations, teachers have the opportunity to practice and hone their communication skills with caregivers through video review, group discussions, and role-play scenarios. Educators reflect on their own work as well as their colleagues' as a means of improving their ability to respond to common challenges around communicating with caregivers. This presentation can be customized in content and length (ranging from 45 to 75 minutes) to best suit your school's needs.

## **DISCIPLINE THAT LEAVES YOU FEELING GOOD: BEHAVIOR CHARTS 101**

One of the most frequently used techniques by school counselors and school social workers is the use of a behavior chart. This positive discipline strategy focuses on utilizing a scientifically supported approach in a way that is fun and approachable for kids - though it need not be implemented only by counselors and social workers. With this workshop, educators will have the knowledge and tools they need to create, implement and support their own behavioral approach - individualized for their students. Not only is this technique effective with students, it leaves teachers feeling good as they support their student in becoming accountable for their own behavior and move towards increased self-regulation. Good for educators working with kids ages four and up.

## **EQUITY IN EDUCATION**

It can be incredibly challenging to try to balance the needs of all of your students - especially when facing the question, "Is that fair?" This workshop explores the various forms of inequalities and inequities that exist in education - including race, gender, socio-economic status, and more - in a safe and non-threatening approach for all staff members. Attendees then explore how they can create opportunities for all of their students to learn, given their various strengths and limitations, while responding to concerns for fairness. An interactive, discussion-based workshop that starts the conversation that can be difficult to have, this presentation is a must for any diverse school community.

## **EXECUTIVE FUNCTIONING: GETTING KIDS TO BE THE BOSS OF THEIR OWN BRAINS**

The goal for educators is to facilitate learning and growth for their students, and sometimes it feels there are numerous obstacles in the way - including the child's very ability to learn. If you have students who struggle with organization, following directions, or even getting started on a task, this workshop can help. This interactive experience takes educators through the structure and function of children's brains, illuminating how adults can support and improve the necessary skills to increase students' ability to learn. Concrete techniques address common obstacles to learning, doing so from a perspective that fully integrates the needs of the whole child (cognitive, social, and emotional). This presentation can be



customized in content and length (ranging from 60 minutes to a half-day) to best suit your school's needs.

### **MANAGING ANXIETY AND STRESS**

Educators give 100% of themselves on a daily basis and burnout has become a serious concern in this field. This workshop examines some of the common anxieties and stressors teachers face and provides participants with hands-on activities that aim to relieve their stress and improve their overall well-being and functioning. All activities are directly transferrable to the classroom and have also been used to reduce student anxiety and stress. These concrete techniques are based in the latest research while also taking under consideration various individual styles and preferences. This presentation can be customized in content and length (ranging from 45 to 120 minutes) to best suit your school's needs.

### **MANAGING CONFLICT IN THE CLASSROOM**

Conflict between students often feels unescapable in schools, and frequently leads to a disruption of multiple students' learning. This workshop explores how scholars experience conflict and what you can do to change that experience, and provides concrete techniques to assist in managing everyday conflict in the classroom. Educators also learn and practice a specific conflict resolution protocol that has been successfully implemented in other schools in Chicago.

### **MANAGING POWER STRUGGLES IN THE CLASSROOM**

The tug-of-war for control of the classroom not only frustrates teachers, it impedes learning. Inspired by the work of Allen Mendler, Ph.D., this workshop helps educators understand the hostility cycle involved in fueling power struggles; explores the goals of defusing power struggles; reviews multiple skills needed to defuse tense situations with students; and addresses how to balance the needs of the whole class with the needs of the student who is engaging in a power struggle. Work towards minimizing referrals by arming teachers with the tools they need to handle these challenging situations in their own classroom.

### **MINDFULNESS IN THE CLASSROOM**

Over 30 years of research with adults has shown that mindfulness decreases stress, depression, anxiety, and hostility, and enhances executive function, compassion and empathy. These same efforts are being applied to school children, leading some to observe positive results, such as a decrease in referrals and an increase in GPA. This workshop provides educators with an introduction to mindfulness - what it is and how it impacts learning - and explores the link between mindfulness and classroom behaviors. Attendees will also have the opportunity to experience various mindfulness activities that can be applied for students individually, in small groups, or for whole-class settings.



### **PROMOTING POSITIVE PEER RELATIONSHIPS**

So much of a child's development is influenced by their peers. While educators form different relationships with students, they have the opportunity to positively impact students' peer relationships. This short workshop focuses on understanding the role peer relationships play in the classroom and a child's education, and explores with educators how they can assist in repairing peer relationships that may be detrimental or interruptive to student learning.

### **PREVENTING TEACHER EXHAUSTION**

Educators are asked to be teachers, tutors, cheerleaders, event coordinators, detectives, parent helpers, advocates, entertainers, professionals, data entry processors, support systems, disciplinarians, and caregivers - just to name a few. It can be exhausting work! This workshop explores the various ways fatigue can impact school staff along with how to combat teacher burnout. Educators also explore ways in which their feelings- positive and negative-can be useful tools to deepen their work, rather than things to ignore or get rid of.

### **RECONNECTING TO YOUR LOVE OF TEACHING**

This session pairs nicely with the "Managing Anxiety & Stress." This workshop is an interactive, discussion-based workshop in which educators will have the opportunity to reconnect with the very origins of their career choice. By revisiting their initial motivations and reflecting on their continued dedication to the field, school staff members can leave feeling refreshed and reinvigorated, having reminded themselves of their love for teaching. This workshop can be personalized to new teachers who may be experiencing burnout in their first year(s), or veteran teachers who may need a 'refresher' after decades in the field - not to mention for anyone in between.

### **SEX, DRUGS & ROCK N' ROLL: RESPONDING TO ADOLESCENCE**

We all know that kids reach a certain age at which their body begins to change and they move towards adulthood. What we don't all realize is that kids' brains at this time are changing even more than their bodies - impacting how they behave, think, and feel. A complex set of issues arise in adolescence that can feel daunting to manage and even shocking to educators. This workshop looks at some of those special topics and provides a firm base for understanding adolescent development. This workshop can be customized to respond to a school's specific needs or provide a more generalized overview.