

Professional Development

IN-PERSON or ONLINE

Revitalizing Education with Movement:

How Physical Activity Maximizes Learning & Wellbeing

1-hr, 2-hr or half day

This presentation explores the benefits of incorporating physical activity throughout the school day, supported by compelling research showcasing its positive effects on cognitive function, academic performance, and overall well-being. Participants will delve into the essential role played by movement and play breaks in enriching student learning. Gain insights into practical strategies aimed at effortlessly integrating physical activity into classroom and school routines, fostering an environment conducive to both academic excellence and student well-being.

Additional benefits of movement breaks will be explored, including fostering belonging and engagement within the classroom and school community.

Anxious to Empowered:

Building Self-Efficacy and Independence for Mental Wellness

1-hr, 2-hr or half day

This presentation delves into fostering self-efficacy and independence in students to reduce anxiety, build resilience, and enhance overall wellbeing. We'll examine some of the research showing how a lack of independent activities seems to be contributing factor to high rates of anxiety and depression. Through practical strategies and key insights, educators will learn how to provide opportunities for independence and cultivate self-efficacy in students. From promoting a growth mindset to assigning meaningful roles, challenging tasks, and engaging projects, participants will explore techniques to create a supportive and empowering classroom and school environment.

Professional Development

IN-PERSON or ONLINE

An Introduction to Positive Education -

1.5hr or half day

Learn the powerful science of Positive Education and how to infuse aspects into the classroom to promote the mental health and wellbeing of students and staff.

- Identify a simplified approach to building emotional intelligence
- Understand the 6 pathways (PERMA-V) to flourishing
- Get multiple tools to use in the classroom from each of the 6 pathways to well-being
- Experience basic resilience and happiness-promoting activities
- Identify the mechanisms by which we can undo stress in real-time
- Learn and practice movements for shifting cognitive states in real-time

Transforming Mindset- The Power of Cultivating a Growth Mindset

1.5hr or half day

- Learn practical, ready-to-apply strategies for helping children view failure as feedback, value effort and persist in the face of setbacks.
- Learn to identify a fixed and growth mindset
- Learn to praise and offer constructive criticism to children in a way that maintains motivation to learn
- Explore how to help children value effort as a pathway to mastery
- Learn how mindsets impact perfectionism
- Uncover the mindset continuum and the nuances of how mindsets change over time

The Science of Resilience -

1.5hr or half day

- Spot lack of resiliency in youth and adults
- Learn a concrete process for teaching emotional intelligence and emotional regulation
- Share 3 simple approaches for training resilience in real-time
- A simple strategy for staying curious and open when triggered instead of stuck
- Basic physical moves for down-regulating the stress response to use on oneself and others
- Uncover “cognitive distortions” and a simplified way of helping children navigate them
- Share simple approaches for working with doubts, worries, fears, panic and anxiety.

Positive Education Certification

In-person, fully live online or hybrid formats

BRING THE POWER OF POSITIVE EDUCATION AND WELLBEING SCIENCE INTO YOUR CLASSROOM & SCHOOL

The Positive Education Certification (PEC Program™) is a 64-hour training program consisting of 32 live hours, pre-recorded online learning and ready to plug and play tools and resources.

Drawing on the tenets of wellbeing science including Positive Psychology, Positive Education, Neuroscience and Integrative Health, participants are equipped to build positive emotions, willpower, grit, emotional regulation, resilience, mindfulness, growth mindsets, strengths and much more in K-12 classrooms.

Learn to create learning environments that foster belonging, engagement, kindness and vitality to enhance learning, resilience, happiness and wellbeing.

And educators will build their own toolkit of self-care strategies within a fun and supportive community.

What's Included

- 1-yr subscription to GoZen online social emotional learning platform: [GoZen.com](https://www.gozen.com)
- Continued access to Online course platform with content videos and resources
- Access to a global network of educators who share your passion for revolutionizing classrooms and prioritizing student well-being.

Private cohorts with custom scheduling and formatting options (in-person, online, or a hybrid of the two) can be arranged. A trainer is available across Toronto and Greater Toronto Area for in-person training.

Rate is \$1400 CAD to \$1900 CAD per participant, depending on format, group size, and location offered. Group rates are available for larger groups. Call or email to discuss: lina@raisingresilience.co 647-467-0467.

Positive Education Certification Syllabus

MODULE 1

Introduction

- What is Positive Psychology?
- Impact of Pos Ed. in the classroom.
- The role of positivity in flourishing, wellbeing and character building.

MODULE 3

Relationships 1 & Meaning 1

- The power of inducing a sense of belonging in the classroom
- The importance of building social capital
- Buffering stress and increasing resilience through meaning.

MODULE 5

Positivity 2 & Engagement 2

- Introduction to resilience skills
- Building emotional intelligence
- Working with thoughts and feelings
- Preventative Cognitive Behavioral skills

MODULE 7

Achievement 2 & Vitality 2

- Self Efficacy and Goal Setting
- Understanding brain chemistry
- Mental contrasting
- Integrating classroom energy breaks
Movements impacting mood/focus.

MODULE 2

Positivity 1 & Engagement 1

- How to use Broaden & Build, Narrow & Focus
- The science of gratitude
- Self regulation and willpower
- Energy depletion and repletion

MODULE 4

Achievement 1 & Vitality 1

- Academic excellence through positive interventions
- The autonomic nervous system & the stress response
- Teaching children to self-soothe & self-care
- Breathing tools to regulate energy.

MODULE 6

Relationships 2 & Meaning 2

- Building social connections
- Self Compassion
- Working with the storytelling brain
- Empathy and Kindness

MODULE 8

Positivity 3 & Engagement 3

- The 5Cs of mindfulness/resilience.
- Reframing Thoughts
- Brain biases and heuristics
- Disputing beliefs to build resilience

Positive Education Certification Syllabus

MODULE 9

Relationships 3 & Meaning 3

- Cultivating curiosity as the antidote to judgments
- Teaching empathy and compassion
- Working with introversion, extroversion
- Compassionate communication

MODULE 11

Positivity 4 & Engagement 4

- Brain regions and worry
- Understanding and working with worry
- Tools to deal with worst case thinking

MODULE 13

Achievement 4 & Vitality 4

- The power of uncovering Purpose
- Nurturing passions in children
- Creating rituals
- How habits work
- Meditation practices for classrooms

MODULE 15

Relationships 5 & Meaning 5

- The science of savoring
- Creating opportunities to bask and savor in the classroom
- Forgiveness and restorative practices
- Forgiveness Interventions

MODULE 10

Achievement 3 & Vitality 3

- Thought holes and thinking traps
- Using somatic psychology
- Movements for creating calm
- Movements for energizing & Focus

MODULE 12

Relationships 4 & Meaning 4

- The science of growth mindset
- Building growth mindset and redirecting fixed mindset
- How praise and criticism impacts mindset

MODULE 14

Positivity 5 & Engagement 5

- Introduction to character strengths.
- Strengths-based parenting and teaching
- Increase engagement by understanding Flow Theory
- Redirect anxiety and boredom into opportunities for flow

MODULE 16

Achievement 5 & Vitality 5

- Understanding grit
- Cultivating grit in students
- Ways to boost motivation
- Recap, Next Steps