



Professional Development Services

Increase the effectiveness of your SEL efforts through staff wellbeing, classroom+virtual integration and engagement at home



For well over a decade, Professional Development in support of staff emotional health has been central to our approach to teaching social emotional skills. As stressors in the world and in school increase, it's become clear that staff wellbeing has grown from an important issue to an urgent matter. So, Move This World is offering Visioning Labs - online workshops to emotionally sustain and support your staff. Another critical area we're focusing on is buy-in by the adults in students' lives. This is important in rounding out students' adoption of social emotional skills. Take a moment to review our offerings and determine which are appropriate for your staff this year.

// ...staff wellbeing has grown to be an urgent matter... //

- Each session cultivates a safe space to reflect, express, and create:
- Creative warm-up such as movement, play, or improvisation
 - Social emotional learning objective-specific exercises
 - Visual and written components
 - In-depth debrief and dialogue related to the theme
 - Individual and team planning for positive transformative action
 - Closing reflections and take-aways

Your Program Manager will work with you to create a plan to address the climate and culture in your building(s) and your social emotional learning goals.

Workshops are delivered in one-hour sessions (or less) via Zoom or Google Hangouts at your convenience.

- **Visioning Labs:** "One can't fill a glass from an empty pitcher." Our Visioning Labs are workshops designed to imbue educators with tools and practices that will sustain and support them as they traverse the changed world of teaching - and teaching SEL - in the new school year.
- **Enrichment Workshops:** Designed to equip educators with best practices to support effective implementation of Move This World's Social Emotional Learning Program.

// ...buy-in by the adults in students' lives is important... //

As always, additional Coaching Sessions, tailored to meet individual, small group, or district-wide needs, are available to you. This is an opportunity to deepen the practice and feedback engaged in the regularly scheduled Coaching Calls. There is also on-demand support via podcasts and social emotional wellness videos on the Move This World Platform.

CONNECT WITH US

Visioning Labs

...equipping educators with tools to...sustain themselves in their difficult and often relentless work.

The Power of Pause 1: Wellbeing & Personal Sustainability (series)

✓ Leaders ✓ Educators

Goal: Equip educators and leaders with tools to manage and optimize stress, practice mindfulness, and sustain themselves in their difficult and often relentless work.

Session I (60 min; foundational):

- Discover root causes of stress, conflict and disconnect in yourself
- Optimize and manage stress
- Practice mindfulness

Session II (60 min; advanced):

- Develop emotional awareness, particularly in the classroom environment
- Recognize opportunities to take action toward your personal and professional wellness and sustainability

The Power of Pause 2: Self Care (series)

✓ Leaders ✓ Educators

Goal: Provide tools to understand the root causes of stress, implement strategies to optimize stress and sustain themselves and their staff in their work, and to lead by example in inspiring self care and personal sustainability for their communities.

Session I (60 min; foundational):

- Reflect on challenges and stressors
- Identify root causes of stress
- Explore strategies and techniques to manage stress
- Set personal intentions for self care

Session II (60 min; advanced):

- As leaders, identify ways we can model and strengthen self care for our staff and students
- Create an action plan and accountability system in managing stress and practicing self care
- Explore how to support students and families in identifying their personal self care strategies and finding ways to put into practice

The Power of Pause 3: Reset and Recharge (series)

✓ Leaders ✓ Educators

Goal: Provide an opportunity to reset from the challenges and stressors present in the year, come together to reflect on lessons learned, identify areas of improvement, and create a plan to support one another to achieve goals.

Session I (60 min; foundational):

- Reflect on the year so far the successes, challenges, and failures amongst ourselves and our students
- Identify areas of strength and a plan to continue to elevate those successes as we move forward
- Reflect on how we did individually and as a community in achieving our goals

Session II (60 min; advanced):

- Identify areas for growth and improvement and a plan for developing those deficits as we move forward
- Set individual and community intentions for times of pause and reset
- Create an action plan to achieve our collective goals as we move forward

Session III (60 min; advanced):

- Align Move This World to your district's Social Emotional Learning initiatives
- Understand how Move This World's SEL Program meets the diverse needs of students and provides ample opportunity for students to express their voice and explore their interests
- Provide authentic opportunities for Social Emotional Learning across content areas and grade levels

“Once again, I have gained a reflective perspective about myself and how I respond to situations. With others being trained we will all begin to work together towards a common good.”

Debra Washington, GT Teacher/ Bridges Site Coordinator Howard County Public Schools

COVID-19 Series: Processing and Reflecting

✓ Leaders ✓ Educators

Goal: Provide educators an opportunity to reflect on their experience during the transition to remote teaching and learning, explore stress management strategies, and create an action plan for coping and navigating the stress and anxiety inherent in COVID-19.

Session I (60 min; foundational):

- Reflect on your experience with COVID-19 and any challenges and stressors
- Reflect on and share your transition and adjustment to remote teaching
- Identify and release the general stress/anxiety caused by COVID-19
- Explore strategies and techniques to manage stress
- Set personal intentions for self care

Session II (60 min; advanced):

- As leaders, identify ways we can model and strengthen self care for our staff and students
- Create an action plan and accountability system in managing stress and practicing self care
- Set coping strategies and intentions in managing stress and navigating anxiety related to COVID-19
- Offer support to colleagues and students in building a connected, resilient culture where staff and students can thrive

Team and Community Building (series)

✓ Leaders ✓ Educators

Goal: Equip the school community with tools to improve communication, appreciate diverse perspectives, strengthen relationships, and to improve collaboration, internal support systems, and school culture.

Session I (60 min; foundational):

- Improve communication skills amongst staff
- Support diverse perspectives
- Identify others' emotions and body language
- Strengthen relationships for improved productivity

Session II (60 min; advanced):

- Build core Social Emotional Competencies to manage stress or resolve conflict when it manifests
- Discover root causes of stress, conflict and disconnect in yourself and your team
- Improve school culture

Session III (60 min; optional session):

- Identify areas for improving internal support systems
- Recognize opportunities to take action
- Create action plans for effective staff support
- Define next steps for increased collaboration

Leading with Empathy and Personal Sustainability (series)

Leaders Educators

Goal: Equip leaders with tools to strengthen their personal emotional resilience and the emotional resilience of their teams, build a problem solving culture, and implement and sustain an environment for healthy conflict resolution, inspiration, and social and emotional wellness.

Session I (60 min; foundational):

- Cultivate an environment for clear communication
- Strengthen your personal emotional resilience
- Strengthen the emotional resilience of your staff
- Build a problem solving culture

Session II (60 min; advanced):

- Implement strategies for conflict resolution
- Lead effectively and inspire your team

Session III (60 min; optional session):

- Use Move This World Social Emotional Learning exercises to support best practices and coaching with teachers as they practice their own SEL skills and strengthen SEL in their students
- Effectively model the use of Move This World and its resources to cultivate social emotional wellness for all staff and students
- Support teachers as they bring Move This World into their classrooms

“With Move This World’s professional development, we are able to be truthful with ourselves and with one another. These truths allow us to address some much-needed struggles we all go through in a healthy way.”

Madeline Scheffler, Teacher, new Bridges Elementary school, NYC

Coming Together in the Face of Crisis: Moving Through Tragedy

✓ Leaders ✓ Educators

Goal: Provide school/building communities with space to reflect on challenges and ruptures in ourselves and communities and create a plan to allow us to move forward in supporting one another.

Session I (60 min):

- Reflect on challenges, struggles and ruptures in ourselves and our community
- Share where we need individual and collective support
- Identify offerings and contributions to others in our community
- Create a positive action plan to allow us to move forward

Back to School (series)

✓ Leaders ✓ Educators

Goal: Equip school communities to manage the stress of the back to school period, reflect on lessons learned, and set intentions for the year ahead.

Session I (60 min):

- Manage the stress and chaos that comes with back to school time
- Reflect on the past school year - the successes, challenges, and failures
- Identify lessons learned from the past school year and areas for focus
- Share and connect on summer experiences to strengthen relationships and community

Session II (60 min):

- Set personal intentions for how you want to feel, how you want to make your colleagues feel, and how you want your students to feel
- Set collective community intentions for how you want to make each other feel, how you want your community to feel, and the culture and climate you're cultivating
- Create an action plan for community and culture building in the new year

Enrichment Workshops

Workshops enrich the delivery of the Move This World program through tailored training to support your teachers and staff. In addition to your initial training our partners will work with their program manager to identify the workshop(s) that will best fit the needs of your school community. Additional workshops can be purchased separately. Contact your Education Consultant for more information.



Digital Integration: Modifications for Remote and Hybrid Learning (series)

Leaders Educators

Goal: Provide support in understanding the different ways Social Emotional Learning can be implemented successfully in virtual environments.

Session I (60 min):

- Establish expectations for using the Move This World program
- Review the different ways Move This World's Social Emotional Learning Program can be implemented in an in-person, remote or hybrid environment
- Explore the ways in which we engage in creative practices, play and build connections in virtual environments

Session II (60 min):

- Understand and apply specific creative modalities such as group poetry, group choreography and image theater to more deeply connect to our social emotional state and the social emotional needs of others
- Expand on ways to integrate the Power of Pause with students in moments of transition
- Identify best practices in building relationships and social emotional skills in virtual environments

Classroom Integration: Maximizing Move This World in the Classroom (series)

Leaders Educators

Goal: Provide support in implementing Social Emotional Learning in the classroom in order to maximize student engagement, academic integration, and consistent practice and achieve goals surrounding skill development and climate and culture building.

Session I (60 min):

- Establish expectations for using a Social Emotional Learning program
- Identify key milestones for a successful implementation
- Review the different types of creative practices classrooms experience
- Discuss best practices around engagement, virtual adaptation, academic integration, and integration with other SEL programs.

Session II (60 min):

- Use Move This World to target social emotional learning instruction and ensure that all students are developing social emotional skills
- Develop a regular routine to strengthen social emotional wellness
- Develop a regular routine to monitor engagement and implementation success using feedback and data

Session III (60 min):

- Identify how to measure progress toward your implementation goals
- Assess efficacy of social emotional skill development and climate and culture building goals
- Understand social emotional needs of students to drive instructional decisions

Generating Buy-In: Student Session

● Leaders ✓ Educators

Goal: Provide support in identifying and navigating resistance from students and establishing a plan for modeling social emotional development both in and out of the classroom.

Session I (60 min):

- Establish expectations for using a Social Emotional Learning Program
- Discuss ideal student engagement across a variety of scenarios and experiences
- Understand social emotional needs of students to drive instruction
- Identify resistant behavior from students and where and how that manifests
- Discuss strategies for encountering and navigating resistance and engaging students to take ownership of their social and emotional wellbeing
- Learn specific ways to model the use of a common language in order to facilitate social emotional development, both inside and outside of the classroom
- Engage families in the development of student social and emotional skills



Generating Buy-In: Adult Series

✓ Leaders ✓ Educators

Goal: Provide support in building understanding and buy-in for Social Emotional Learning and maximizing adult engagement across scenarios and experiences.

Session I (60 min):

- Explore, understand and internalize the 5 core competencies of Social Emotional Learning- Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Decision Making
- Understand how Social Emotional Learning supports equity
- Understand the impact of Social Emotional Learning on academic scores and behavior
- Establish expectations for using a Social Emotional Learning Program

Session II (60 min):

- Discuss ideal adult engagement across a variety of scenarios and experiences
- Identify resistant behavior and where and how that manifests
- Discuss strategies for encountering and navigating resistance and engaging educators and leaders to take ownership of their social and emotional wellbeing and the social emotional wellbeing of their students

Technology for Good: Building Authentic Digital Connections & Social Emotional Learning

✓ Leaders ✓ Educators

Goal: Provide support in developing tools and strategies to cultivate social emotional wellness, connection, play, and joy in staff and students through technology.

Session I (60 min):

- Identify pitfalls and challenges in building authentic connections and social and emotional wellness through technology
- Discuss best practices in cultivating connections and social emotional wellness amongst staff and student
- Explore ways we can bring play, creativity, joy and fun into our technologically enabled learning experience

Adult and Family Connections: Working to Strengthen Social Emotional Wellbeing at Home

✓ Leaders ✓ Educators ✓ Families

Goal: Build connections between school and the home in order to understand Social Emotional Learning and how those skills can be used to strengthen family engagement, equity, and a common language for addressing stress, conflict and our feelings.

Session I (60 min):

- Build home-school connections by establishing a common language for how we talk about stress, conflict, feelings, and what we can do with those sensations
- Understand how Social Emotional Learning supports equity
- Develop an understanding of Social Emotional Learning and how Move This World can help to strengthen mental, social and emotional wellbeing at school and at home
- Utilize Move This World's videos and extension exercises to support family engagement and strengthen social and emotional wellness