

Please review the information below to select a cohort most closely aligned with your professional journey.

Student-Centered Focus	Dual Focus (Students & Adults)
Program Cost: \$359 USD (<i>Payment Plan available</i>)	Program Cost: \$459 USD (<i>Payment Plan available</i>)
Program Hours: 20 Hours <ul style="list-style-type: none"> ● 4 - 2-hour live webinars ● 6 - 1.5-hour recorded video lessons ● 3 - 1-hour consultation groups 	Program Hours: 25 Hours <ul style="list-style-type: none"> ● 5 - 2-hour live webinars ● 2 – 1.5-hour recorded video lessons ● 4 – 2-hour recorded video lessons ● 4 - 1-hour consultation groups
During this program, students will: <ul style="list-style-type: none"> ● Uncover the power of implementing and modeling practical techniques for managing daily stress and anxiety. ● Discover how you can positively impact students by understanding what is happening in moments of dysregulation and learning how to navigate these challenging experiences. ● Recognize missing elements in universal and social-emotional learning programs and simple ways to incorporate these critical pieces. ● Empower your students by creating environments that encourage taking ownership and responsibility for their regulatory needs. ● Use awareness of brain and body states to apply strategies and understand why an approach might work in one moment and not another. ● Identify critical factors affecting relationships between students and adults, including common causes of escalation that often result in getting stuck in unproductive interaction patterns. ● Develop layered social-emotional behavior support plans that match the neurophysiological states of students and include corresponding adult interventions. 	During this program, students will receive all content in the Student-Centered Focus, plus: <ul style="list-style-type: none"> ● Empower yourself and educators to transform daily routines by modeling the power of practical techniques for managing daily stress and anxiety. ● Analyze vital factors impacting arousal states and current relational challenges, including common causes of escalation that keep students and adults stuck in ineffective interaction patterns. Identify points of influence for shifting these patterns and supporting the development of growth-focused relationships. ● Support the creation of effective universal and social-emotional learning programs by identifying and incorporating missing elements. Work with educators to develop simple yet impactful ways to integrate these missing elements into your programming. ● Assist in creating regulatory-focused environments that foster a sense of safety and belonging. Facilitate the development of a culture of responsibility in which students and other school staff can meet their regulatory needs without impacting others' learning. ● Promote maximizing the effectiveness of strategies by using a brain and body state lens to understand why specific approaches work in some moments and not in others. Share this powerful tool with other school staff to help them achieve classroom and learning goals. ● Use the Developmental Mindsets Paradigm™ to support school staff from a developmental perspective, meeting them where they are. ● Empower school staff to enhance their skills and capabilities to manage challenging behaviors and navigate the changing and complex dynamics that are the daily reality of educators.