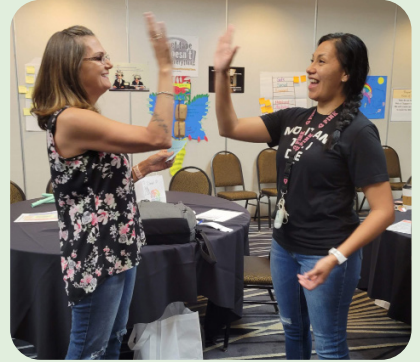


# Resilient Educator Workshops

## Growing Your Best Self

These interactive and reflective workshops are developed and provided by K-12 Educational nonprofit Brightways Learning. Each of these learning experiences nurtures skills for what students need to thrive, while helping raise professional satisfaction for school admin, teachers & other staff.



### Objectives:

- To bolster educators' relationship-building skills that increase trust and efficacy in their students' learning
- To teach educators responsive skills that elicit change
- To align educators with a restorative mindset
- To show educators how to create and maintain a positive learning environment
- To give educators a social emotional structure that is easy to implement in all classes and throughout their school
- To build a congruent communication system within a positive school environment
- To develop personal energy and wellness strategies for teaching longevity

### Attend Resilient Educators by:

- Inviting us to facilitate a customized inservice district PD
- Join us for one of our publicly open workshops as an individual or school team

**In-person or virtual!**



**Brightways Learning**

Connecting Students To A Bright Future

[www.BrightwaysLearning.org](http://www.BrightwaysLearning.org)

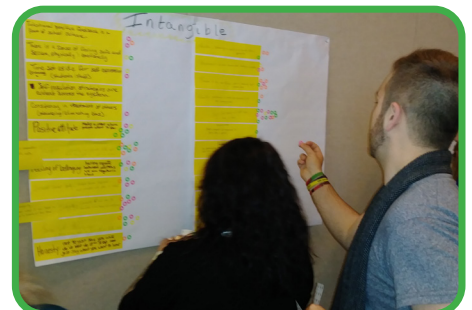
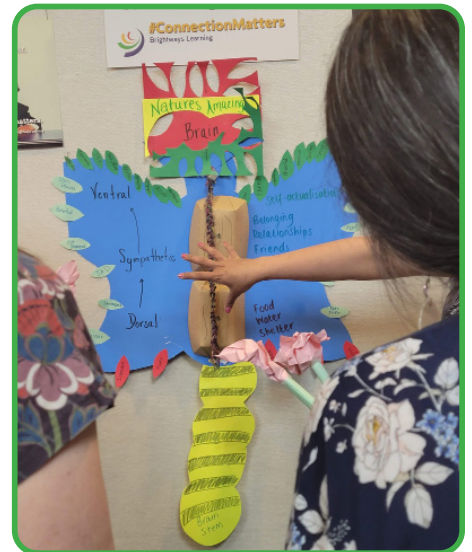
## Research-backed Resilient Educator Workshops are highly engaging, memorable & meaningful experiences!

Educators think regularly about student engagement and resilience, but don't often get the time and support to focus on their own. In these workshops, educators get that opportunity!

Research shows there's a correlation between a school's support for their educators and the job performance and satisfaction of their educators. This workshop will advance educator resiliency — personally and professionally.

You will reflect on your own support systems inside and outside of school, and discover the dynamic balancing act between them. You will be introduced to your “developmental ecology” as an educator and get to reflect on how related topics such as neuroscience, SEL and self-care interplay into health, wellness, and success for yourself, your colleagues, and your students!

Through fun with purpose, you will walk away with seeing your own strengths and a plan with strategies for growing your own wellbeing.



## Montana Administrators Retreat

June 4-5, 2021



Support to Others



Stress & Trauma-Informed Responsiveness



Neuroscience & Brain Development



Self-Care

A hybrid PD event

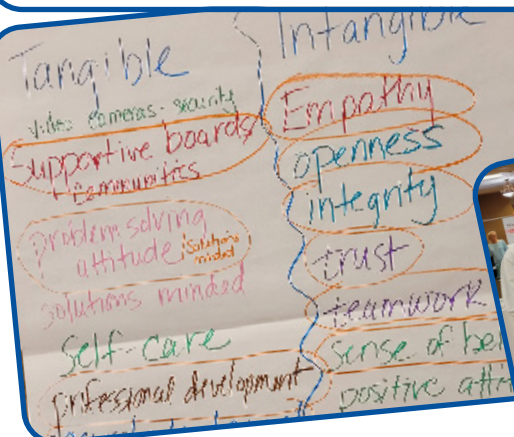
Roomers



Zoomers

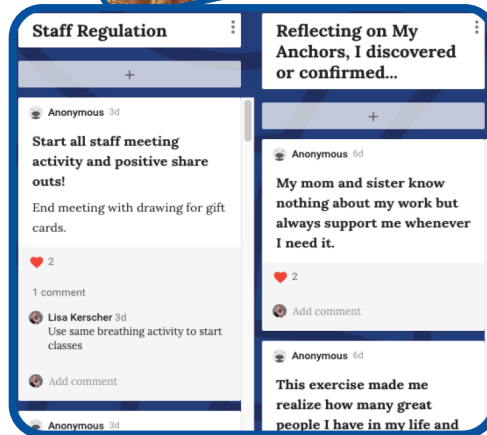


"Thank you for tackling information and topics that affect all humans, but especially those that work in the education field where secondary trauma and burnout are real things. These ideas and strategies are super helpful in bringing reflection and recognition to helping each other."



"The retreat gave me the opportunity to reflect on personal well-being & then have a strategy for helping staff."

"I learned so much about the power of having positive anchors (connections) for administrators, staff, and most importantly students."

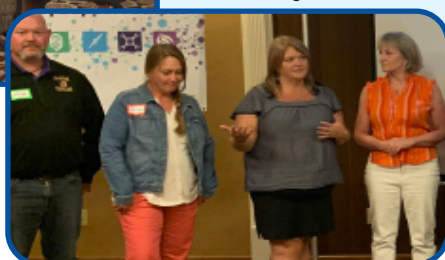


"The most beneficial part of the workshop today was the presenters. They were highly knowledgeable, encouraging, and organized."

"I learned the importance of relationship-building, and brain-based research strategies that have a positive impact on my students, my professional endeavors, and my personal life."

"It was great to get away from the office and think about what I do and why I do it."

"Thank you for such an organized, welcoming, and engaging presentation format."



Brightways Learning



# What does it look like when educators are equipped and inspired to work and learn at their natural best?

We know from experience and related research that it's vital for people to generate healthy relationships and authentic, caring environments. This is especially true in K-12 education. To do this, self-agency and growth must happen for each individual — whether school staff member or student — along with cultivating locally-sustainable yet adaptive systems. Educators know this intuitively, and this is where Brightways helps the most!



## Topic Sampler

The following sessions are just some examples of what Brightways Learning has provided to school districts, individual educators and administrators, and some involving high school students alongside adults.

Any session can be a short 90-minutes, 3 hours, full day, or multi-day events. All sessions are highly engaging while providing strategies, practice, and reflection. Of course, the longer the session, the deeper we can dive into the content. Any offering can also be customized to best meet the needs and existing practices and programs in an individual school or across a district. We also offer ongoing support, consultation, and coaching, as needed.

### Resilient Educators

Educators regularly think about student resilience but don't often get the time and support to focus on their own. During this engaging and interactive PD experience, educators will learn to amplify their personal and professional strengths and satisfaction. They will also reflect on their own support networks inside and outside of school, and discover the dynamic balancing act between those.

### Growing Protective Factors & Wellbeing Throughout Your School and Community To Enhance School Climate

This workshop will discuss valuable skills and strategies to develop more meaningful connections with youth, colleagues, and community members to amplify a positive school climate. By applying a strengths-based framework, participants will be able to improve school climate through student-adult connections, thereby strengthening each youth's protective factors. Participants will also be able to serve as a catalyst in uniting and amplifying their school's SEL and related activities and catapult impacts toward their goals.

### School Administrators Retreat

Administrators have expressed the critical need to mitigate anxiety, stress, and trauma caused by the pandemic — especially for your students, but also to build resilience for yourselves and your staff. This retreat will demonstrate how positive and dynamic student-adult support systems provide protective factors and optimize mental and behavioral health outcomes, both short-term and long-term. Participants will learn a durable common language and stronger connectedness that instills lasting resilience. This workshop will be highly interactive (and fun!) in a safe environment that will allow you to explore & grow elements of your resilience through a holistic approach. You will also walk away with a playbook of activities and strategies you can use with your staff and students to build regulation, relationships, and overall resilience school and district-wide.

## Topic Sampler, continued

### Creating Resilient Youth: Intro to Full-Color Webs of Support

During this session, participants will learn about the Full-Color Web of Support™ framework that combines the greatest research in youth and adult development into one measurable framework. The more youth and adults have connections and work to deepen those connections, the healthier a community becomes. Participants will learn strength-based principles and practices that will equip them to help youth — and themselves as adults — to thrive socially, emotionally, and academically.

### A Team Approach for Building a Web of Support School

No one person can support the social-emotional health of students and staff! Wellbeing for a school is about creating a system of support that consists of all staff and students. A customized systemic approach to resilience is within your reach and a necessity. We'll provide you with some tools and get you started for launching a Full-Color Web of Support school and/or district. Be ready to reflect on what you're already doing. You'll leave looking at your school through a new lens. A three-hour session will allow time for groups to brainstorm ideas creating a Web of Support school.

### How Supportive Relationships Play a Role in Trauma-Responsiveness

This session will focus on how adults can empower youth to seek and develop safe, consistent relationships with adults that build a launching pad for success. Participants will gain a new understanding of how neuroscience, relationships, and protective factors play a role in mitigating ACEs, more effectively handling student behavior, and generally strengthening a student's social and emotional development. As Bruce Perry, Senior Fellow and clinical researcher at The ChildTrauma Academy, tells us: "What works best is anything that increases the quality and number of relationships in a child's life. People, not programs, change people."

### Moving from Caring to Anchoring: It Matters

We'll dig deeper into the background, research, and basis for *The Rule of 5 — the Power of More*, along with how caring and connected relationships between youth and adults provide vital protective factors. These factors are key for growing each student's strengths, talents, and

skills, while reducing risk behaviors. We'll also explore the potential roles and influences of a student's Full-Color Web of Support that includes a diversity of adults. You'll walk away with strategies for building connections with students while retaining professional boundaries aligned to district policies.

### The Empowered Mind

Putting brain-based research into practice isn't rocket science! Help ensure students meet academic standards while valuing relationships to launch and grow thriving classrooms. Learn and experience processes that spark greater engagement and motivation. By utilizing brain-based strategies to develop deeper relationships, educators can improve student engagement, risk-taking, and resilience. Discover how Dan Siegel's "Window of Tolerance" can be used to cultivate safe and inclusive learning environments by reducing conflict and misunderstanding that derail learning and supportive relationships. You will leave with activities to help ensure your students will feel they can take healthy risks and engage more meaningfully.

### Educators' Confluence

*Hosted annually in Missoula, MT; specific content varies*

Expect to grow your skills, knowledge, and network to shape an effective — and joyful — learning environment & practice. Wherever you are in your personal & professional journey and school role, don't miss this!

- Translate relevant neuroscience research into fun, everyday activities to use with every student.
- Become better equipped to respond to a student's culture, learning style, pre-existing trauma, and in-the-moment stress.
- Connect neuroscience to adult-to-youth relationships for authentic strategies using an equitable, holistic, and research-based approach to student learning and resilience.
- Hone skills & strategies to amplify MTSS, Montana's Health Enhancement Standards, and CASEL's five Core Competencies.
- The high-value content, engaging activities, and networking opportunities will also support your own self-awareness and regulation for personal and professional growth!