

### **Cultivating Wellness Strategies for Supporting Strong Mental Health (FF, V, OD)**

**90 minutes**

*For General, Educators, Mental Health Professionals, Community Members*

In today's dynamic environment and ever-evolving landscape, understanding and nurturing mental health is paramount. "Cultivating Wellness: Strategies for Supporting Strong Mental Health" delves into essential aspects of mental well-being. Participants will gain insights into the definition of mental health and unravel the intricate connection between the mind and body. Attendees will also engage in an exploration of tools and strategies designed to bolster mental resilience. From strategies that nurture the brain and body, mind, and relationships, attendees will discover actionable methods to support strong mental health.

**Objective 1: Define mental health and explore its importance in the workplace.**

**Objective 2: Understand the mind and body connection.**

**Objective 3: Explore strategies to support strong mental health.**

[Learn More →](#)

### **Social Emotional Work of Young Children (FF, V)**

*For Early Childhood Educators*

Can you imagine what life would be like if the adults in your life threw tantrums, refused to share, and hugged a stuffed animal to calm their anxiety? You would probably have very little patience for these adults. While we expect these behaviors in young children, we also expect them to develop skills like self-control, perspective taking, and critical thinking. These social emotional skills are also the "work" of young children. This session will unpack how kids develop social emotional competence and, more importantly, how caregivers can support this work.

**Objective 1: Define social emotional health.**

**Objective 2: Explain what gets in the way of young children's social emotional development.**

**Objective 3. Describe a child's social emotional work.**

**Objective 4: Understand the role of caregivers in supporting young children's social emotional health.**

[Learn More →](#)

## Managing Adult Stress (FF)

90 minutes

*For General*

Research shows the post-pandemic world has resulted in a world of increased anxiety, depression, and stress. In this session, you will explore the intricacies of the stress cycle, gaining valuable insights into the factors that contribute to stress. Participants will examine the powerful connection between the mind and body, revealing how stress impacts mental health and overall well-being. Additionally, participants will discover practical strategies to support and strengthen your mental health, helping you build resilience and create a healthier, more balanced work environment, leaving with the tools and knowledge needed to thrive both personally and professionally.

**Objective 1: Understand the stress cycle and identify the factors that contribute to educator stress.**

**Objective 2: Understand the mind and body connection and how it relates to mental health.**

**Objective 3: Explore strategies to support strong mental health.**

[Learn More →](#)

## Educator Grief: When School is More than You Signed Up For (FF, V)

90 minutes

*For Educators*

Less than a quarter of surveyed educators report that they would not recommend the teaching field to a colleague (TPT Report, 2022). The pandemic, learning loss, challenging student behavior and the social-political climate has clearly impacted how educators are experiencing their work. Educators have faced significant amounts of grief and loss that have challenged their capacity to sustain and succeed. In this session, we will unpack how current stressors have uniquely impacted educators and how they can manage grief in a time of chaos.

**Objective 1: Describe the sources of grief that educators are currently experiencing.**

**Objective 2: Understand how grief impacts the educator's space.**

**Objective 3: Learn how to manage grief while doing your job.**

**Objective 4: Understand how to support your fellow educators who are grieving.**

[Learn More →](#)

## Helping Kids Heal: Supportive Strategies for Kids Who Hurt (FF, V)

3 hours

*For Educators, Mental Health Professionals*

Traumatic events can affect children of all ages and backgrounds. A child who has experienced trauma may need additional support to reduce emotional and behavior problems and foster resilience. This training will provide educators with a solid understanding of the impact of childhood traumatic experiences on the brain and on the child's ability to learn and adapt to the classroom setting. It also provides tools for teachers' mental health, to support educators to care for themselves so they can best support students who have experienced trauma.

### Part 1

**Objective 1: Examine the definition of trauma.**

**Objective 2: Understand the current research on trauma.**

**Objective 3: Understand how the brain and body respond to stress.**

**Objective 4: Learn strategies for calming the nervous system.**

### Part 2

**Objective 1: Understand how trauma behaviors show up.**

**Objective 2: Learn strategies for taking care of your mental health.**

**Objective 3: Learn strategies for having safe relationships with children.**

**Objective 4: Discuss effective approaches for managing dysregulation.**

[Learn More →](#)

## The Adolescent Brain: From Risky to Responsible (FF, V)

90 minutes

*For Middle School Educators, Secondary Educators, Mental Health Professionals*

This session is for anyone who has ever walked away from an encounter with a teenager and thought, "What are they thinking?" Behavior in the teen years is often unpredictable, confusing, and difficult to manage. This session unpacks the neuroscience behind the developing brain, offering insights into teenage thinking. Protective factors that support teens through typical social emotional challenges will be addressed.

**Objective 1: Explain the unique phase of brain development during adolescence.**

**Objective 2: Discuss the social emotional challenges often experienced during adolescence.**

**Objective 3: Explore classroom friendly strategies that support adolescents' needs.**

[Learn More →](#)

## Supporting Children with Challenging Behaviors in a Post Covid World (FF, V, OD)

90 minutes

*For Educators, Mental Health Professionals*

The COVID-19 pandemic has significantly impacted everyone, especially children, leading to increased challenging behaviors and disruptions in their social, emotional, and educational experiences. This training explores the latest neuroscience and mental health research and offers effective strategies and tools to support children's social-emotional and mental health. By providing a deeper understanding of the root causes of challenging behaviors and actionable strategies to address them by focusing on the brain-body connection, you will be better prepared to support children's emotional well-being in the post-pandemic world. Whether you are an educator, coach, or caregiver, these insights will help you foster more supportive and nurturing environments for the children in your care.

**Objective 1. Dispel myths around challenging behaviors.**

**Objective 2. Understand the connection between behaviors and the brain and body.**

**Objective 3. Respond with the brain and body in mind.**

**Objective 4. Select effective interventions to support brain and body regulation.**

[Learn More →](#)

## The Brain and Self-Regulation (FF, V)

1 hour

*For Educators, Mental Health Professionals*

This session, based on current research, explores brain development, effective responses to brain states, and its relevance to learning and social emotional health.

**Objective 1: Understand brain development.**

**Objective 2: Understand how dysregulation shows up in the classroom.**

**Objective 3: Learn to effectively respond with brain-based strategies when a child is dysregulated.**

[Learn More →](#)

## Full Circle (FF)

2 days

*For Educators, School Support, Counselors*

This training is designed to train participants as facilitators with an understanding of the necessary structures to support educators process the challenges they face in their work in a therapeutic environment. Participants will explore the Full Circle program, a structured, facilitator-led initiative aimed at addressing teacher burnout, stress, and mental health challenges.

**Objective 1: Understand the purpose and structure of Full Circle and its role in supporting teacher mental wellness.**

**Objective 2: Identify the major challenges facing educators today, including stress, burnout, and mental health issues.**

**Objective 3: Understand how to create a therapeutic space for educators.**

**Objective 4: Describe the phases of group development and the skills and qualities needed to facilitate effective Full Circle sessions.**

[Learn More →](#)

## Starting Point: An introduction to Social Emotional Health for Adults (FF, V)

1 hour

*For General*

This session will delve into the impact of social emotional skills on the brain and behavior, both in personal and professional contexts. Participants will learn practical strategies to understand and manage emotions, build meaningful connections, and align actions with core values. Through interactive exercises and reflective discussions, this training aims to equip you with the tools to foster resilience and well-being in yourself and those around you through the Starting Point Journal.

**Objective 1: Discuss social emotional health and its impact on the brain.**

**Objective 2: Explore the importance of social emotional skills in the workplace.**

**Objective 3: Explore a tool to support and enhance mental health.**

[Learn More →](#)

**Additional Self-Paced Video Training Available for Purchase Online:**

**Trauma 101**

**Brain Basics**

**10 Proven Paths to Classroom Connections**

**Attachment and Safe Relationships**

**Safe Relationships**

**Race, Culture, and Equity**

**Classroom Management Reimagined**

**Moving From Me to We**

**Future Changemakers**

**An Educator's Guide to Understanding Trauma**

**Changemakers (PK3-5)**

**Meet in the Middle**

For more information contact [learn@momentousinstitute.org](mailto:learn@momentousinstitute.org)