Cultivating SEL for Staffs: Caring for our OWN Emotional Well-Being!

Featuring Seaside Educational Consultants Presenter: Cathy Giles

Monday, April 6, 2020 at the MSAA Office, Franklin, MA

Sign-In/Registration: 8:00am–8:30am Workshop: 8:30am–3:00pm

PD Hours: 6
Content Area: Leadership and Administration

Fees: Member $215/Non-Member $285

MSAA Contact: pd@msaa.net

Cultivating the social and emotional learning and supporting the well-being of the adults within a school setting is an essential component of a school wide approach to SEL. Teaching is one of the most stressful occupations and stress affects job satisfaction, job turnover, and student outcomes. In order to prepare ourselves to meet the emotional demands and needs of our students and provide them with a safe and supportive learning environment, we must first learn how to care for our own emotional and physical well-being! This workshop will provide participants with evidenced-based research proving the positive and significant impact that adults, who have well-developed social/emotional competency skills, can have on promoting and improving the social and emotional growth and well-being of their students!

Participants will:

- Learn the importance of SEL for adults.
- Identify ways that allow staff to collaboratively share knowledge about SEL.
- Learn strategies that support adult SEL.
- Discover ways to help staff develop the skills and mindsets that enhance effective use of adult SEL.

Cathy Giles is a veteran educator with experience in standards-based teaching, data collection and analysis, and accountability. She is experienced in transformational leadership and establishing and maintaining a brain-based, safe and supportive, trauma-sensitive learning environment. Her vision, action, and management as an elementary school principal led to National Recognition as a Blue Ribbon School of Excellence for her school. Catherine works with six Massachusetts colleges and universities to train, supervise, and evaluate graduates.

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