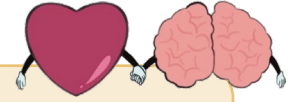


Explore our **professional development** programs, designed to help educators **seamlessly incorporate SEL** into their classrooms.



Learning Outcome 1: Introduction to Social and Emotional Learning

This session introduces educators to the foundational aspects of Social and Emotional Learning (SEL), emphasising its critical role in education. It offers insights into the renowned CASEL framework and equips educators with a high-level understanding of SEL's application in schools and classrooms.

Session Outline:

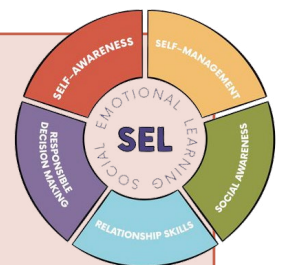
- What is SEL and why is it important?
 - Definition of SEL.
 - The role of SEL in holistic student development.
- Research-based benefits of SEL on academic achievement and student mental health and wellbeing.
- The CASEL framework and the five core competencies of SEL.

Learning Outcome 2: Understanding the Five Core Competencies of SEL

This session delves deeper into the heart of SEL with a comprehensive exploration of CASEL's five core competencies. This session is designed to equip educators with a thorough understanding of each competency, supplemented with practical activities to bring the concepts to life.

Session Outline:

- Self-awareness: Delve into the nuances of recognising one's emotions and values.
- Self-management: Uncover effective strategies to manage emotions and handle challenging situations.
- Social awareness: Understand the importance of empathising and grasping diverse perspectives.
- Relationship skills: Learn the essentials of building and sustaining positive relationships.
- Responsible decision-making: Grasp the significance of making ethical and constructive choices.





Learning Outcome 3: Implementing SEL in Schools and Classroom with Multi-Tiered Systems of Support

This session offers an in-depth exploration of the Multi-Tiered Systems of Support (MTSS) framework and its integration with SEL. Educators will gain a deeper understanding of how to effectively implement both implicit and explicit SEL instruction within the MTSS framework.

Session Outline:

- MTSS and SEL:
 - Understanding the three tiers of MTSS and how they relate to SEL.
 - Tailoring implicit and explicit SEL instruction to the different Tiers of MTSS.
 - Strategies for tiered interventions tailored to students' SEL needs.
- Strategies for data-driven decision-making to identify students' SEL needs and provide appropriate tiered support.
- Collaborative team approaches within MTSS to ensure effective SEL implementation across tiers.



Learning Outcome 4: Adult SEL for Educators and Building Resilient Educational Communities

This session focuses on the importance of Adult SEL, offering strategies for educators to enhance their own social and emotional wellbeing, and discussing the role of SEL in building resilient educational communities.

Session Outline:

- The significance of Adult SEL
 - Exploring the connection between educators' wellbeing and effective SEL implementation.
 - Practical strategies for educators to enhance their own SEL skills.
- Building Resilient Educational Communities:
 - The role of SEL in fostering resilience among educators and students.
 - Collaborative approaches to support and uplift each other in the educational community.