

Training **Taster Series**

Gain a concise understanding of key ideas, strategies, and themes from our comprehensive courses, ideal for a quick and impactful learning experience. Offered as 1-2 hour PL sessions led by expert trainers for staff or parents.

Introduction to Student Anxiety

An introduction to managing student anxiety. This course can be adapted to be presented to educators or parents.

Tough Conversations

Framework for handling in-the-moment difficult conversations. This course can be adapted to be presented to school leaders, school office staff, or teachers.

Engaging Adolescents in High School

Measures to implement in engaging adolescents in learning through the development of strong student-teacher relationships.

Emotion Coaching in the Classroom

Emotion Coaching for educators to build students' self-regulation to create more harmonious classrooms.

