

TRAUMA & RESILIENCE

Professional Learning and Coaching

 Empowering educators to foster resilient learners:



10 Steps to Create a Trauma-Informed Resilient School

- Promote a trauma-informed and resilience-focused mindset when working with students.
- Understand the four main protective factors of resilient youth.
- Learn how to integrate proactive strategies in every classroom.
- Recognize ways your school can collaborate with caregivers, family, and community.

Calming Spaces + Reset Rooms

Calming spaces help support students to self-regulate in the classroom. Reset rooms are designated spaces students can go to de-escalate, regulate their emotions, and "reset" themselves when feeling overwhelmed or experiencing strong negative emotions.

The Resilient Teen

Ten skills grounded in key principles from psychology and neuroscience that can help manage difficult emotions, recover from difficult situations, and cultivate a sense of joy.

Resiliency Education Curricula

- Harmony Curriculum™
- Second Step®
- The Tough Kid®
- MindUP™
- Strong Kids™
- Overcoming Obstacles®
- The Zones of Regulation®
- And more...



Please contact us. [Click here](#) or scan the QR code to book a meeting.

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