



PROFESSIONAL DEVELOPMENT WORKSHOPS FOR INTERNATIONAL SCHOOLS 2023/2024

Linden Global Learning workshops for universities are designed to be fresh, engaging, interactive, and based on the latest research and best practice in education and child psychology. Facilitators are committed to creating safe and inclusive spaces to help foster self-reflection, questioning and interaction. Using online pre-workshop questionnaires 4-6 weeks prior to the workshop, we capture participants' biggest questions and case studies to be sure we are addressing their most pressing needs. The efficacy of each workshop is measured with post-workshop evaluations that we share with your university.

In addition to our standard workshops, we offer bespoke workshops especially tailored to a school's individual need and cultural setting.

MENTAL HEALTH & WELLBEING

- **CHILD DEVELOPMENT POST PANDEMIC:** TRENDS, CHALLENGES & OPPORTUNITIES
- FROM **MATH ANXIETY TO MATH EFFICACY** - A SOLUTIONS-FOCUSED WORKSHOP FOR TEACHERS
- THE POWER OF THOUGHTS: **COGNITIVE BEHAVIORAL THERAPY STRATEGIES FOR YOUNG CHILDREN** (FOR COUNSELORS)
- **COGNITIVE BEHAVIORAL THERAPY FOR TEENS:** BUILDING RESILIENCE & CHANGING MINDSETS (FOR COUNSELORS)
- BUILDING **RESILIENCE IN ADOLESCENTS:** HOW TEACHERS/PARENTS CAN MAKE A DIFFERENCE IN THE TEEN YEARS
- **SHARPENING YOUR MENTORING TOOLS:** SOFT SKILLS FOR EMPOWERING ADOLESCENTS
- UNDERSTANDING & MAINTAINING **HEALTHY BOUNDARIES: TOOLS** FOR BOARDING SCHOOL STAFF
- CREATING **MINDFUL & SAFE DIGITAL HABITS:** NAVIGATING KIDS & TEENS THROUGH TODAY'S DIGITAL WORLD
- YOU MATTER: **MENTAL HEALTH & SELF-CARE WORKSHOPS FOR STAFF**

NEURODIVERSITY & LEARNING SUPPORT

- THE ABCS OF **AUTISM SPECTRUM DISORDER (ASD):** WHAT EDUCATORS NEED TO KNOW TO SUPPORT NEURODIVERSE STUDENTS
- **SENSORY INTEGRATION** IN THE SCHOOL ENVIRONMENT
- EFFECTIVE **BEHAVIOR MANAGEMENT** STRATEGIES (FOR TEACHERS, PLAYGROUND ASSISTANTS OR CLASSROOM ASSISTANTS)
- **REACHING STUDENTS WITH ADHD:** TIPS FROM AN OCCUPATIONAL THERAPIST FOR TEACHERS
- INTERPRETING **PSYCHO-EDUCATIONAL REPORTS:** WHAT STUDENT SUPPORT STAFF NEED TO KNOW AND WHERE TO FIND IT!
- NEW FRONTIERS IN INCLUSION & MENTAL HEALTH FOR INTERNATIONAL SCHOOLS: **THE BRAVE NEW WORLD OF TELEHEALTH**
- UNDERSTANDING **SENSORY PROCESSING:** THE FUNCTIONAL IMPACTS IT HAS ON YOUR STUDENTS & YOURSELF
- SUPPORTING **HANDWRITING DEVELOPMENT IN THE CLASSROOM:** TIPS FROM AN OCCUPATIONAL THERAPIST
- **COLLABORATIVE LEARNING:** ESSENTIAL SKILLS FOR INTERNATIONAL STUDENTS
- SUPPORTING THE WHOLE CHILD WITH **MULTI TIERED SYSTEM (MTSS)** OF SUPPORTS



PROFESSIONAL DEVELOPMENT WORKSHOPS FOR INTERNATIONAL SCHOOLS

DIVERSITY, EQUITY, INCLUSION, AND JUSTICE

- **ANTI-BIAS TRAINING** FOR INTERNATIONAL SCHOOLS (FOUNDATIONAL & ADVANCED)
- **ANTI-RACISM TRAINING** FOR INTERNATIONAL SCHOOLS (FOUNDATIONAL & ADVANCED)
- BREAKING THE BINARY: PROVIDING CULTURALLY COMPETENT **CARE FOR YOUTH WHO IDENTIFY AS LGBTQI+**
- **INTRODUCTION TO RESTORATIVE JUSTICE 101** (2 MODULES)

WORKSHOPS FOR STUDENTS

- **MOTIVATION, ORGANIZATION & SELF-DISCIPLINE** HACKS FOR STUDENTS
- UNDERSTANDING **THE MEANING OF CONSENT**: A CONFIDENCE BOOSTING WORKSHOP FOR TEENS
- **MINDFUL & SAFE DIGITAL HABITS**: HOW TO NAVIGATE OUR DIGITAL WORLD

In addition to our standard workshops, we offer bespoke workshops especially tailored to a school's individual need and cultural setting.



MENTAL HEALTH & WELLBEING	WORKSHOP DESCRIPTION
<p>Child Development Post Pandemic: Trends, Challenges & Opportunities</p> <p>For Staff & Parents</p>	<p>While Covid-19 is typically benign in children, the disruption caused by the pandemic has impacted the social and behavioral health and milestones of children and teens. For some, the cognitive and social stimulation lacking at the height of the pandemic and increased family stressors significantly impacted their development. New research has shown significant changes we should be aware of as we support and help build up our children's mental health, behavior, communication and social skills. Mental health concerns are certainly on the rise, but at the same time, many children have gained new skills and greater self-sufficiency. For some families, the pandemic has shaken up old routines and enabled them to create new ones.</p> <p>This workshop will explore the consequences for children growing up during the Covid-19 pandemic, from the short-term effects to long-term implications. We will review factors that support regulated behavior and positive mental health at home. As things return to normal, we invite parents and educators to reflect on the impact of these challenging years and the silver linings and strategies for supporting children.</p> <p>In this workshop, participants will learn...</p> <ul style="list-style-type: none"> • about the latest research on how pandemic disruption has impacted social and behavioral health and milestones in children/teens. • factors that support regulated behavior at home in the long term. • factors that support improved social-emotional skills.
<p>From Math Anxiety to Math Efficacy: A Solutions-focused Approach To Working With Anxious Students</p> <p>For Staff</p>	<p>Math anxiety is an increasing problem that affects many students, not only during their school years but also when they make choices about their future career paths. With a prevalence of 33% among 15-year-olds from 65 OECD countries, it is an increasingly global problem that international school counselors must attend to when working with students, teachers and parents. This course aims to teach participants about the key factors contributing to the development of math anxiety and to assist them in helping students, teachers, and parents implement an optimistic, curious and playful approach to math, which will promote a growth mindset and resilience when facing difficulties.</p> <p>In this workshop, participants will learn...</p> <ul style="list-style-type: none"> • how math anxiety affects performance, motivation and self-concept • how to identify math-anxious students. • practical ways to support and reduce math anxiety that can be shared with different stakeholders at school (parents, teachers and students). • how to create a support plan for students using Albert Bandura's self-efficacy model.
<p>The Power of Thoughts: Using Cognitive Behavioral Therapy Strategies for Young Children</p> <p>For Counselors</p>	<p>One of a school counselor's most important jobs is to help students make positive and healthy choices. Counselors can do just that by examining the relationships between thoughts, feelings, and behaviors with Cognitive Behavioral Therapy (CBT) strategies. CBT is an evidence-based approach that is easy to implement in school settings. The concept is quite abstract but not impossible for younger kids, particularly eight years and below.</p> <p>In this workshop, participants will learn...</p> <ul style="list-style-type: none"> • what CBT is and why it is helpful for younger students. • accessible, concrete, and effective strategies to integrate with younger students. • how to use chaining (scaffolding) to introduce CBT to younger children. • how to reinforce CBT strategies in the classroom and with parents.
<p>Cognitive Behavior Therapy for Teens: Building Resilience & Changing Mindsets</p> <p>For Counselors</p>	<p>One of a school counselor's most important jobs is to help our students make choices and practice positive and healthy behaviors. By examining the relationships between thoughts, feelings and behaviors with Cognitive Behavioral Therapy strategies, counselors can do just that. Never before have counselors had to be so creative in finding new ways to bring counseling techniques into a school setting. We often have only a few sessions with students, and now we have to connect and build coping skills ONLINE tool This brief workshop will help school counselors working with adolescents use a five-part CBT model to change negative thought patterns into positive ones and teach young people they can handle anything that comes their way. We will explore how these strategies can be used online.</p> <p>In this workshop, participants will learn...</p> <ul style="list-style-type: none"> • what CBT is and why it is effective for teens. • how to use a CBT 5-part model. • how CBT can be used in a school setting. • tools and strategies that can be used online and in-person.
<p>Building Resilience in Adolescents: How Teachers/Parents Can Make a Difference in the Teen Years</p> <p>For Staff & Parents</p>	<p>Knowledge of adolescent development empowers people who work with young people to advance teens' development. It allows us to develop appreciation and compassion for the joys and challenges of adolescence: the vivacity, the insecurities, the risk-taking, and the incredible growth in competencies. Participants will learn about the latest research on physical, cognitive, emotional, and social changes during adolescence.</p> <p>We will explore neuroscientific findings on adolescent risk-taking, decision-making, sleep patterns, and drug and alcohol abuse within the school context. We will focus on the unique challenges faced by third culture kids (TCKs) and international school students. Focusing on three main pillars of resilience (executive functioning skills, positive identity, and healthy living), participants will come away with a better understanding of the brain changes affecting their students' learning. Participants will also come away with a practical toolkit filled with strategies and tools for helping foster resilience in students.</p> <p>In this workshop, participants will...</p> <ul style="list-style-type: none"> • become more aware of the profound development in the adolescent brain. • learn how hormonal changes and sleep affect development. understand risk-taking behavior and the power of peers. • effectively communicate with adolescents. learn practical strategies for effectively supporting and communicating with stressed and anxious young students.



MENTAL HEALTH & WELLBEING	WORKSHOP DESCRIPTION
<p>Sharpening Your Mentoring Tools: Advanced Soft Skills for Empowering Adolescents.</p> <p>For Staff</p>	<p>Research shows that mentoring empowers students to make better decisions, solve problems, and develop important life skills. This workshop is designed to enhance effectiveness in building effective authentic relationships with adolescents through mentoring. Quality mentoring can also enhance students' chances for success. By the end of the workshop, participants will sharpen their mentoring skills for a</p> <p>In this workshop, participants will learn...</p> <ul style="list-style-type: none"> empirically-based data on the long-term benefits of mentoring in positive youth development. identify key factors that promote and hinder healthy relationships between mentors and mentees. Examine their core life experiences and values in order to consider ways of integrating them into their mentoring relationships practice solutions-focused conversations as a means to build resilience and agency in teen mentees.
<p>Understanding & Maintaining Healthy Boundaries: Tools for Boarding School Staff</p> <p>For Boarding School Staff</p>	<p>Boarding school staff are School Employees, Teachers, Confidants, Guardians, and Mentors all wrapped into one. When the boundaries between roles are cloudy, so are the boundaries that guide appropriate actions and interactions between students and teachers. This workshop will support staff in creating their own boundaries and how to enforce them. Boundaries provide structure and a foundation for educational professionals by fostering a sense of safety and the belief that the teacher will always act in the student's best interest. Boundaries help educators express limits, provide a sense of safety, prevent conflict, help one take care of oneself while helping students, and build consideration and respect. This workshop will explore the best ways to create and maintain these boundaries. We will focus on the five levels of good boundary systems to ensure that boundaries are supported throughout your entire education system. We will define what boundary crossing is and boundary violations. We will also explore the negative consequences of a violation and the risk factors for this. Finally, we will cover the four guiding principles and eight guiding questions educators can use in the classroom to maintain healthy boundaries.</p> <p>In this workshop, participants will...</p> <ul style="list-style-type: none"> develop guiding principles for navigating healthy and professional boundaries including four simple rules to stay safe. review and solidify the four fundamentals of healthy boundaries (make it visible, make it authorized, purposeful, and timely) come up with suggestions for a guiding statement on boundaries. learn how to handle moments when boundaries are muddled. learn to manage difficult conversations and scenarios.
<p>Creating Mindful & Safe Digital Habits: Navigating Kids & Teens Through Today's Digital World</p> <p>For Staff</p>	<p>Since the arrival and rise in popularity of social media, children and teens have been exposed to new and exciting ways to access information and connect with each other. With this dramatic change in the medium with which kids and teens interact, the online world available today brings a host of new challenges to teaching and parenting. Join us in deciphering what this means for the parents and teachers of today. New technologies can serve as platforms for fostering discovery, education, community-building, and connection. The use of technology can also trigger reward centers in the brain in adults, teenagers, and kids alike. While social media and the internet can provide many benefits, it can also pose risks and dangers, especially for young kids growing up in the digital world. Technology can disrupt healthy development in kids and teens, such as sleep, in-person socializing and interactions, and the ability to focus on schoolwork and participate in physical activities.</p> <p>In this workshop, participants will learn about the best strategies for helping kids and teenagers navigate the digital world in healthy and productive ways while also being aware of its negative effects on their well-being.</p> <p>During this workshop, participants will...</p> <ul style="list-style-type: none"> develop guidelines necessary to best protect a young person's normal and healthy development in today's digital world. learn ways to encourage students to be critical consumers of the media. be equipped to tackle difficult subjects such as cyberbullying, sexting, and porn. be inspired to become digital role models for the next generation. gain a better understanding of how to support students in this new socio-technological climate full of opportunities and challenges. learn specific strategies and develop confidence in managing technology in their homes and classrooms.
<p>You Matter: Mental Health & Self-care Workshops for Staff</p> <p>For Staff</p>	<p>While global education offers incredible opportunities for learning and growth, it also carries unique stressors and challenges for students and staff alike. However, research shows that staff wellbeing can promote high morale, academic success and resilience in students. In this workshop, facilitators will create a safe space for school staff to explore ways of practicing self-care and integrating these ideas into their workday. Using the latest research to demonstrate how our mental health can be affected during periods of crisis or uncertainty, we will acknowledge unique challenges facing international school staff. Additional themes will be integrated based on pre-workshop questionnaires and during built-in discussion segments throughout the workshop. Participants will learn how to activate their resources, expand their mental health toolkit, and leave with a self-care action plan to care for themselves and their families.</p> <p>By the end of the workshop, participants will...</p> <ul style="list-style-type: none"> learn and practice cognitive and behavioral strategies for maintaining good mental health. learn the latest research on how our mental health can be affected during periods of crisis or uncertainty acknowledge unique challenges facing the international school community learn to identify mental health struggles in others and when and how to report concerns and get help practise different solutions-focused techniques and mindfulness activities and leave with a self care action plan for the years ahead



NEURODIVERSITY & LEARNING SUPPORT	WORKSHOP DESCRIPTION
<p>The ABCs of ASD (Autism Spectrum Disorder): What Educators Need To Know To Support Neurodiverse Students</p> <p>For Staff</p>	<p>What does autism look like in the classroom? This workshop will offer a quick approach to understanding autism in the classroom. In this workshop, we will cover what the autism spectrum is and how students on the spectrum experience school in different ways. We will follow an informal and creative structure as we explore what typical behaviors look like and how to support students in the classroom academically, socially, and emotionally.</p> <p>By the end of this workshop, participants will...</p> <ul style="list-style-type: none"> • understand signs of autism in the classroom. • gain research-based strategies for supporting students on the spectrum inside and outside of the classroom.
<p>Sensory Integration in the School Environment</p> <p>For Staff</p>	<p>Sensory Integration is for everyone. We all process sensory input differently, and knowing our sensory patterns can increase our life satisfaction. Sensory processing differences can impact a student's ability to engage and learn. Understanding the types of sensory integration difficulties and their impact on students in the classroom will help teachers provide a supportive and nourishing classroom environment. This workshop will include various practical strategies to try and implement in your classrooms, so we suggest you wear comfortable shoes and clothes to experience it yourself.</p> <p>By the end of this workshop, participants will...</p> <ul style="list-style-type: none"> • better understand the sensory systems and how they are critical to participation in daily life. • understand how sensory processing differences can present in students with sensory integration difficulties. • better understand how to use strategies for students with sensory integration difficulties. • be more equipped to identify changes in the school environment that will positively support the sensory needs of diverse student groups.
<p>Effective Behavior Management</p> <p>For Staff</p>	<p>What motivates the behavior of children? Would you like to understand the functions of and reasons for certain behaviors? Join us in this Behavior and Effective Behavior Management workshop for an in-depth overview of the functions of behavior in children! This workshop will be your crash course in childhood behaviors. Together we will review the four basic functions of behavior in children, access to tangibles, gaining attention, escape, and automatic. It will also explain how behavior can be a function of communication and what this may look like in children. We will discuss positive behavior support examples and the benefits of positive behavior support. Finally, we will brainstorm ways to implement positive behavior support on a school-wide level and in the classroom.</p> <p>By the end of this workshop, participants will...</p> <ul style="list-style-type: none"> • better understand the functions of behavior in children as a means of communicating. • gain strategies for supporting positive behavior in children. • be able to implement positive behavior support in the classroom and the whole school community.
<p>Effective Behavior Management</p> <p>For Classroom and Playground Assistants</p>	<p>This workshop will be filled with active games, role play, and small-group activities for learning behavior management strategies for classroom and playground assistants. The day will begin with an ability-focused (not difficulty-focused) introduction to working with children. This will be followed by a brief informative session on different types of learning needs. Participants will explore various research-based intervention strategies using real case studies. Lastly, a group discussion about strategies for supporting teachers will take place.</p> <p>By the end of this workshop, participants will...</p> <ul style="list-style-type: none"> • better understand the functions of behavior in children as a means of communicating. • gain strategies for supporting positive behavior in children. • be able to implement positive behavior support in the classroom and on the playground.
<p>Reaching Students With ADHD: Tips From an Occupational Therapist for Teachers</p> <p>For Staff</p>	<p>Almost 10% of all school-aged children have Attention Deficit Hyperactivity Disorder (ADHD). So what are the best ways to implement support for students with ADHD in your classroom? Engage with our Occupational Therapists to learn what you can be doing today! This workshop is part presentation and part active participation.</p> <p>By the end of this workshop, participants will...</p> <ul style="list-style-type: none"> • understand what ADHD is and what it is not. • learn how to identify the challenges and behaviors of students that have ADHD (with or without a formal diagnosis). • have specific strategies and tools to support your students in the classroom.
<p>Interpreting Psycho-educational Reports: What Student Support Staff Need To Know & Where To Find It!</p> <p>For Staff</p>	<p>Do you often receive psychoeducational evaluations for students in your school that leave you wondering what to actually do with the information? Even worse, do some reports leave you feeling more confused about what the author is trying to say than before you even started reading it? While the assessment tools and writing styles of evaluators will always vary, this webinar will lead you through a "common sense" interpretation of many frequently-used assessments and their scores, as well as what information is essential to help focus your work with students. We will also consider the impact of diverse educational practices, acculturative stress, and multilingualism on students' learning journeys.</p> <p>During this workshop, participants will learn...</p> <ul style="list-style-type: none"> • the purpose and scope of psychoeducational reports. • what various tests measure and how to interpret the scores. • what to consider when reading a report about a student who has lived in multiple countries, learned multiple languages, and been exposed to different educational systems. <p>Upon completing this workshop, participants will be able to...</p> <ul style="list-style-type: none"> • get the most out of reading a psychoeducational report and know what to focus on. • collaborate with teachers and parents to support classroom performance, based on assessment results. • understand how to help the Student Support Team implement recommendations.

NEURODIVERSITY & LEARNING SUPPORT	WORKSHOP DESCRIPTION
<p>New Frontiers in Inclusion & Mental Health for International Schools: The Brave New World of Telehealth</p> <p>For Staff</p>	<p>Although telehealth is playing an increasingly large role in helping schools provide students with the support they need in the United States, it is just beginning to emerge as a way of helping students in international schools. This session will introduce participants to the field of telehealth and explore the many ways it is enabling schools to help students and staff in remote locations where specialized services are typically not available. Areas that will be addressed include student supports such as occupational therapy, specialized learning support, speech therapy, executive skills coaching, and even social skills groups. We will also discuss telehealth support for teachers including stress management coaching and specialized intervention support for inclusion of students with mild to moderate learning differences, including autism spectrum disorder. Looking at both the opportunities and limitations within this new field, participants will leave with a better understanding of how inclusion and teacher support will be vastly improving as technology allows a myriad of therapies to be available to schools wherever they are in the world.</p> <p>By the end of this workshop, participants will learn...</p> <ul style="list-style-type: none"> • what telehealth is. • how telehealth will be changing the ability of schools to augment their Student Support Services. • how to boost the mental health of teachers living far away from their support networks.
<p>Understanding Sensory Processing</p> <p>For Staff & Parents</p>	<p>Sensory processing disorder (SPD) is a neurological disorder involving the way the nervous system confuses messages from the senses and responds in ways inconsistent with the environment and situation. Research shows that anywhere between 5 and 15% of children can show symptoms of SPD. This workshop will define the main terms regarding sensory processing and help participants understand the basics of sensory processing. Participants will also learn the symptoms of SPD, and how to identify the signs of SPD in infants, children, and adolescents. During the workshop, there will be an interactive component involving activities for the participants to complete within small groups and an opportunity to ask questions.</p> <p>During this workshop, participants will...</p> <ul style="list-style-type: none"> • learn what sensory processing disorder can look like. • be able to identify challenges with which children may be struggling. • gain specific strategies, tools, and resources to support children at home, school, or in the community.
<p>Supporting Handwriting Development in the Classroom: Tips from an Occupational Therapist</p> <p>For Staff & Parents</p>	<p>How do reading and writing disabilities manifest in the primary school classroom? How can primary school educators best support students struggling with reading and writing difficulties? Join us in learning how to identify and support struggling students and help them thrive in the classroom and beyond.</p> <p>It can be incredibly discouraging and disheartening for parents, students, and teachers alike when students struggle with reading and writing disabilities in the classroom. The top priority is for teachers to provide struggling students with adequate support and encouragement to thrive in the classroom.</p> <p>By the end of this workshop, participants will...</p> <ul style="list-style-type: none"> • explore the foundational skills that are needed for handwriting, including fine motor precision, visual-motor skills, and more. • understand the characteristics and challenges of dyslexia and dysgraphia. • gain tips and tricks to implement support strategies for struggling students in the classroom. • explore strategies to use to support your students to become confident writer's.
<p>Collaborative Learning: Essential skills for International Students</p> <p>For Staff</p>	<p>Collaborative Learning engages students in productive, cooperative and interactive learning experiences which build life-long skills for effective teamwork. Related skills include: self-knowledge, effective communication, managing conflict, group decision making, goal achievement and reflection. These skills are explicitly understood and taught as a competency, following a cycle of established, clear purpose, analysis of current learning, setting challenging goals and providing formative feedback.</p> <p>By the of the workshop, participants will ...</p> <ul style="list-style-type: none"> • understand the skills and indicators of Collaborative Learning and the Competency Cycle that underpins these learning standards • learn about Collaborative Learning as a method to foster inclusion • practice, experience and implement a range of structures and activities which explicitly teach these skills • design learning structures, embedded in content or concepts appropriate for their classroom and differentiate these structures to support access for all learners
<p>Supporting the Whole Child with Multi Tiered System of Supports</p> <p>For Staff & Counselors,</p>	<p>After a few unstable years, it's time to prioritize mental health and support those who provide those services! Counselors and school staff will leave with knowledge of what MTSS is, have a concrete list of strengths and needs as a school system, have learned how MTSS supports mental health, and how the long-term outcome leads to fewer referrals, and greater staff support to manage the mental health needs on campus.</p> <p>By the end of this workshop, participants will...</p> <ul style="list-style-type: none"> • build knowledge of MTSS as a framework for supporting the whole child. • build knowledge in how MTSS can address social emotional learning and mental health needs. • evaluate their school site's strengths and needs in terms of effectiveness, prevention, and support and collaborate with leadership to determine the next steps that are best for your school. • The components of Learn about the components of Positive Behavior Intervention Support (PBIS) and Response to Intervention (RtI) • Understand the differences between universal support, targeted support and intensive support



DIVERSITY & INCLUSION	WORKSHOP DESCRIPTION
<p>Anti-Racism & Anti-Bias Training for International Schools (2 modules)</p> <p>For Staff</p>	<p>International schools are trailblazers in the fields of supporting and fostering diverse communities, as well as preparing students to take action in social change. Every student deserves culturally competent educators who honor diverse identities and actively strive toward a more just and equitable world in their classrooms and beyond. This anti-racism and inclusion workshop aims to raise international school teachers' awareness to improve students' learning and experiences and their commitment to inclusion and social justice. We hope to help teachers inspire change in their schools.</p> <p>By the end of this workshop, participants will...</p> <ul style="list-style-type: none"> • have gained increased self-awareness. • be able to foster culturally responsive classroom environments. • learn to encourage and teach students to speak out against bias and injustice and challenge stereotypes. • learn how to make anti-bias work part of school actions. • support students' identities so that they can be their full selves.
<p>Breaking the Binary: Providing Culturally Competent Care for Youth Who Identify as LGBTQI+</p> <p>For Staff & Parents</p>	<p>Research has shown that young people who identify as LGBTQI+ face higher levels of bullying and discrimination than others, with school being where they are often bullied the most. These young people are at a much higher risk of developing mental health issues than the rest of the population. Research shows that having a supportive network around them (e.g., family and school) decreases the likelihood that the young person will experience mental health issues and leads to a more positive experience with their identity. It is crucial for school staff and parents to understand how best to support and guide young people who identify as LGBTQI+. The presenter will draw on current research to discuss ways to increase safety and decrease harm for LGBTQI+ youth.</p> <p>During this workshop, participants will...</p> <ul style="list-style-type: none"> • learn what it means to identify as LGBTQI+ and learn key terminology (sex, sexuality, gender, and trans). • learn about the impact of discrimination on LGBTQI+ youth and the related mental health issues. • identify practical ways to support young people who identify as LGBTQI+. • dissect hidden forms of discrimination that queer and trans teens face and the impact. • consider how cultural issues may interact with being queer/trans, and learn sensitive ways to talk to parents about LGBTQI+ identifying teens.
<p>Introduction To Restorative Justice 101 (2 modules)</p> <p>For Staff</p>	<p>This introductory workshop series on restorative practices presents the concepts, terminologies, and variety of ways to enact restorative practices in an institution. Participants can learn about the restorative questions, practice identifying needs, and be introduced to fundamental concepts of restorative language. Additionally, the workshops will focus on directly implementing restorative practices in the classroom and student discipline settings. There is also time to discuss institution-wide strategies for implementing restorative practices in an educational institution.</p> <p>By the end of module 1, participants will...</p> <ul style="list-style-type: none"> • understand the history of restorative practice as originating from Indigenous communities around the world. • be able to identify and name the differences between a restorative approach and a punitive approach to justice & accountability. • become familiar with common restorative practices, such as circles, conferencing, victim-offender dialogue, and shuttling. • experience being part of a community-building circle. <p>Upon completing of session 2, participants will...</p> <ul style="list-style-type: none"> • identify ways to bring the ethos of restorative practices into daily work with students, inside and outside the classroom. • develop a strategic plan for implementing restorative practices in their institution. • practice responding to student situations in a restorative way, engaging in case studies, and role plays.
WORKSHOPS FOR STUDENTS	WORKSHOP DESCRIPTION
<p>Ready, Set, Go! Time Management Hacks for School, Home and Life</p>	<p>The ability to effectively manage time is a life skill that directly impacts our quality of life. Disorganization and the inability to keep track of deadlines often contribute to low grades, increased stress and a sense of hopelessness, particularly beginning in secondary school when teacher expectations are greater, and supervision tends to be more limited than during the elementary years. Research shows, however, that even the most chaotic students experience lasting effects on their organizational skills and academic performance after participating in training programs aimed at teaching time management and organization (Langberg, et al., 2008). Each session includes practical examples and activities that enable students to practice planning, breaking down tasks, minimizing distractions and studying effectively. Students are encouraged to use planners right from the start.</p> <p>By the end of the workshop, participants will...</p> <ul style="list-style-type: none"> • identify practical ways to help students manage complex tasks and projects. • develop effective routines, systems, and structures. • learn to manage stress and anxiety • learn project management techniques.
<p>Understanding the Meaning of Consent - A Confidence Boosting Workshop for Teens</p>	<p>This workshop explores some of the most important things children and teens should know about consent and boundaries. These topics discuss the different types of consent and examples for young adults to utilize. Through interactive activities and case studies, participants will get involved and think about how consent can be used in the real world. The facilitator will also touch on past and current events, such as #MeTo Movement to explore how far we have come and have yet to go. This workshop introduces the topic of consent in a sensitive, engaging and informational way.</p> <p>By the end of the workshop, participants will...</p> <ul style="list-style-type: none"> • understand the meaning of consent • why consent matters • practise how to seek and give consent when to ask for help.
<p>Mindful & Safe Digital Habits: How To Navigate Our Digital World</p>	<p>Using the latest research on how mental health and adolescent development can be affected by digital communication, we will help students gain a foundational understanding of the challenges and opportunities around today's technology. Additional themes will be integrated based on pre-workshop questionnaires.</p> <p>By the end of the workshop, students will...</p> <ul style="list-style-type: none"> • learn about video gaming addiction and internet gaming disorder. • learn how to be critical consumers of the media. • be equipped to tackle difficult subjects such as cyberbullying, sexting, and porn. • leave with some specific strategies and a feeling of confidence in managing technology in their homes and classrooms.