



## Virtual Professional Development Options:

### 1. **Supporting SEL in the Classroom as we Transition between In-Person, Hybrid & Remote Teaching**

Series of 4 sessions – 90 minutes each

- a. Building Relationships & Creating Community
- b. Encouraging Independence and Student Voice
- c. Maximizing Classroom Discussions
- d. Increasing Accountability & Engagement

### 2. **What SEL Looks & Sounds Like in a Virtual World**

Series of 4 sessions – 90 minutes each

- a. Coping Strategies
- b. Autonomy & Independence
- c. Relationships Skills & Communication
- d. Authentic Learning

### 3. **The Five SEL Competencies & How to Blend them into the Classroom, starting with YOU!**

Series of 5 sessions - Two hours each

- a. Self Awareness
- b. Self Management
- c. Social Awareness
- d. Relationship Skills
- e. Decision Making

### 4. **Strategies to Support SEL, Classroom Management & Engagement in an Online Environment**

Two to three hour session that explores the challenges of our virtual environment and explores strategies to help overcome some of those challenges.

### 5. **Self Care for Adults**

90 minute session to examine those strategies that best support working remotely while supporting others in a virtual world.