

New for 2021-2022



MK Consulting & Training, LLC

Bite-Size Professional Development!

Are your teachers so overwhelmed this year with the remote/hybrid/in-person model?

Are they struggling to just keep their head above water?

Asking them to do lengthy professional development on top of all their other responsibilities is near impossible.

In response to what teachers need and will actually attend,

MK has started a new series of trainings: Bite Size PD!

Bite-Size PD is a series of trainings – 30 minutes for each zoom session – in which teachers will experience professional development using the 3 signature SEL practices (welcoming ritual, engaging practice & optimistic closure) and will leave each session with 1-2 strategies to try immediately for practical implementation.

Districts/schools may choose how long a series that they would like, with a minimum of 4 sessions (once weekly for 4 weeks). Each topic could be expanded upon for several sessions or could represent a “quick” taste of that topic in just one session.

Topics could include:

- Intro to Social Emotional Learning
- Lesson Planning in a Virtual World
- Engagement Strategies
- Realistic Self Care
- Increasing Belonging in a Classroom
- Learned Optimism
- Creating Independent Learners
- Putting the Fun Back into My Classroom
- Strategies to Regulate Emotions

Please check the training page for all possible topics – any area could be turned into a bite-size series specially tailored to your audience of educators.

For further information on scheduling and cost, please contact

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*Presenter will set up all Zoom links prior to the sessions and send along electronic copies of all materials being used for the session.