



DESCRIPTION OF PROGRAM

Audience

Educators and School Staff

Program Title

FIRE UP to SHOW UP: Creating a Safe and Supportive School Culture of Connection and Belonging

Program Description

Why is it so important to be fired up to SHOW UP? The energy and passion you bring to school directly affect the students and colleagues you work with every day. Your presence, mindset, and enthusiasm create the foundation for a positive learning environment where students feel safe, supported, and inspired to learn. Equally important are the relationships you build with your colleagues, who rely on you for collaboration and encouragement in a shared commitment to education.

At the heart of creating secure and safe school environments is a deep understanding of relationships, rooted in *attachment theory*. The science of relationships teaches us that strong, secure connections are essential for emotional well-being and resilience, both for students and adults. When students feel securely attached and supported, they're more likely to engage, thrive, and succeed. Similarly, healthy, supportive relationships among staff foster a culture of trust and teamwork, creating a school community where everyone can flourish.

In this professional development training, we'll explore how to reignite your passion for teaching and maintain your motivation by igniting your **F.I.R.E.:**

- **Fuel** your purpose by reconnecting with the “why” behind your work and the mission you share with your colleagues for the students you teach.
- Be **Intentional** about prioritizing what matters most—your relationships with students and colleagues, using an understanding of attachment science to create secure, trusting bonds.
- **Regulate** your emotions with techniques and practices to stay balanced through the highs and lows, modeling emotional resilience and stability for those around you.
- **Energize** your body, mind, and spirit every morning, noon, and night, by creating self-care habits and routines so you can bring your best self to school every day.

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