

# Training and Service Catalog



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## Professional Development Topics

### *Well-being for All*

Well-Being for All is an inclusive framework designed to teach universal strategies that nurture the well-being of students, educators, and the adults who support them. Grounded in the science of stress and well-being, this model provides practical, research-based tools that can be applied across school and community settings. At the heart of the model is the CARER Framework, which highlights five essential elements of well-being:

- Co-Regulation – Creating safety and calm through shared regulation.
- Authentic Relationships – Building trust and connection through genuine interactions.
- Resilience with Intentionality – Strengthening the ability to adapt and recover with purpose.
- Education and Empowerment – Expanding knowledge and skills to foster agency and growth.
- Responsibility and Repair – Encouraging accountability, healing, and restoration when harm occurs.

This framework can be delivered in a flexible series format, making it accessible for professional learning, family engagement, or whole-school initiatives.

Certification is available to help you prepare to lead engaging sessions that build capacity, strengthen staff resilience, and promote well-being across your school community.

### *Unstuck & Understood: Tools for Managing Anxiety and Defusing Conflict*

This training is designed to help educators recognize signs of anxiety, respond to emotional escalation, and create calmer, more supportive learning environments. Through real-world strategies and trauma-informed approaches, participants will learn how to help students feel safe, seen, and regulated—even in the most challenging moments.

### *Creating a Psychologically Safe Culture and Climate*

This interactive training equips educators and school leaders with the knowledge and tools to foster a psychologically safe environment where students and staff feel valued, respected, and supported. Participants will explore the key elements of school culture and climate, learn practical strategies to promote trust and connection, and examine how daily interactions and systems impact emotional safety. By the end of the session, attendees will be prepared to implement practices that encourage risk-taking, collaboration, and well-being—laying the foundation for a thriving, inclusive school community.



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## *Building Resilient Learners: Trauma-Informed Strategies for Schools*

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This one-day training equips educators to understand the impact of stress and trauma and adversity on students across all educational settings. Participants will learn to shift their perspective when addressing student challenges and explore practical systems and strategies that foster resilience, engagement, and well-being for every student.

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## *Beyond Self-Care: Building Well-Being and Resilience at Work*

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This dynamic training goes beyond traditional self-care, offering educators and staff practical strategies to strengthen well-being, resilience, and emotional health in the workplace. Participants will learn to practice self-compassion, set healthy boundaries, manage expectations, and engage in effective co-regulation with students. The session also covers navigating difficult conversations and addressing compassion fatigue, providing tools to sustain personal well-being while fostering a supportive and thriving school environment.

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## *Bienestar para la educación infantil*

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Este taller ayudará a los participantes con capacitación cultural y lingüísticamente relevante sobre salud mental y bienestar en la educación infantil temprana. Esta capacitación se enfoca tanto en el bienestar del niño (a) como en el del educador. Compartiremos recursos y herramientas del modelo CUIDAR (1. Co-regulación, 2. Unidos, 3. Identidad Positiva 4. Demostrar 5. Ayudar, 6. Responsabilidad) para la práctica de la primera infancia.

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## *Regulation Stations*

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This engaging half-day training guides educators through interactive stations, providing hands-on strategies to support classroom regulation. Participants will receive a comprehensive toolkit and a strategy guide to bring these practices directly into their classrooms.

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## *Supporting Well-being in Families*

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This interactive half-day workshop equips you with the tools and resources to educate families on promoting stress management and well-being with their children. You'll gain practical strategies for hosting fun, engaging family events that make these important topics accessible and meaningful. In addition, the concepts and materials provided can be adapted into resources for parents and caregivers, extending the impact beyond the event and fostering well-being at home.

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## *Crucial Conversations*

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A crucial conversation is defined as a discussion between two or more people where the stakes are high, opinions vary, and emotions run strong. If this sounds like something you, your staff, or colleagues have struggled with, this one-day training is for you. Learn tools to meet these challenges head-on and work toward productive outcomes.

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## *Creating Inclusive Classrooms*

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Our brains are naturally wired with biases—many of which operate below our awareness and influence our actions. By bringing these unconscious thoughts into conscious awareness, we gain the power to change how we think, act, and impact outcomes. This training helps educators reflect on how bias may appear in the classroom and leverage that awareness to foster truly inclusive learning environments for all students

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# Coaching and Consultation

<i>Leadership Consultation: Planning and Leading School-Wide Change</i>	This consultation package provides school leadership teams with personalized support in planning professional development and guiding staff through school-wide change initiatives. Our team works alongside leaders to develop actionable strategies, foster staff engagement, and create a collaborative culture that promotes sustainable improvement and positive outcomes for both students and staff.
<i>Curriculum Design and Strategic Training Plans</i>	We partner with organizations to design comprehensive, research-informed curriculum and training plans that align directly with strategic improvement goals. Our approach combines instructional design best practices with interactive, practical learning experiences to build staff skills, strengthen organizational culture, and foster a positive climate. From needs assessment to implementation and evaluation, we create targeted, measurable professional development initiatives that drive meaningful outcomes for students, clients, and teams.
<i>Culture and climate team</i>	We collaborate with your culture and climate team to develop and implement strategic professional development and initiatives throughout the year. Together, we create actionable plans that support staff growth, enhance school culture, and promote a positive, thriving learning environment for all.
<i>Student assessment and planning</i>	Observation and assessment of specific student challenges. Includes support in building and implementing effective behavioral improvement plans.
<i>Responding to crisis or community tragedy</i>	Our mental health professionals provide support to help your school respond effectively when challenging events occur. We collaborate with your team to create customized resources for educators, parents, and students, offering strategies to cope with stress, trauma, grief, and loss.



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