



## Professional Development and Services Catalog

**Professional Development Topics:** *Training length and focus (Early Childhood, Elementary, Secondary, and Post-Secondary) can be adapted to meet your needs.*

<p><b>Well-being for All</b></p>	<p>Well-being for all is an inclusive framework that teaches universal strategies that support the well-being of <i>all</i> students, educators, and other adults in a student’s life. This model is grounded in the science of stress and well-being and uses the CARER framework. Elements of this framework are:</p> <ul style="list-style-type: none"> <li>• Co-regulation</li> <li>• Authentic Relationships</li> <li>• Resilience with Intentionality</li> <li>• Education and Empowerment</li> <li>• Responsibility and Repair</li> </ul> <p>Can be presented in a series format.</p>
<p><b>Certification for Trainers: Well-being in All</b></p>	<p>This intensive four-day certification will provide educators with the skills and expertise to take our curriculum back to your district and teach others. All the curriculum and resources you will need to host compelling professional development for staff on stress, trauma, and wellbeing will be provided.</p>
<p><b>Well-being for Students</b></p>	<p>This one-day training will help educators to understand stress, trauma, and mental health issues that impact student success. Strategies to foster student resilience and wellbeing are taught to promote regulation and achievement in the classroom.</p>
<p><b>Well-being for Educators</b></p>	<p>This half-day workshop will help administrators and educators struggling with the impact of compassion fatigue and burnout. Strategies that focus on enhancing school culture and climate and promoting educator wellbeing are shared.</p>
<p><b>Well-being for Families</b></p>	<p>This half-day workshop will give you the tools that you need to provide education and training to families on how to promote stress management and well-being with their children. We will provide you with information on how to host a fun and engaging family event centered on these topics. The concepts from this training can be used to develop accessible resources to share with parents and caregivers.</p>
<p><b>Well-being for Families Facilitator Training</b></p>	<p>This two-day training will train participants to be certified facilitators on an 8 sessions curriculum that can be used with families to help understand the science of stress and well-being. By using family friendly language and activities, you can give families the skills to promote well-being in their children and in themselves.</p>



## Professional Development and Services Catalog

<b>Student Lessons in Stress and The Brain</b>	Learn how to educate and empower students through understanding the science of stress, well-being, and self-regulation.
<b>Student Leadership Groups</b>	We can lead or co-lead a student group to build leadership and community culture within your school. Topics can include stress and regulation, leadership in supporting positive school-wide culture, and personal identity development.
<b>Trauma Sensitive Schools</b>	This one-day training will help your school to understand how trauma and adversity affects students in all educational settings. We can help educators to change their lens when supporting student challenges and implementing systems and strategies that promote resilience for all students.
<b>Advanced Trauma Sensitive Schools</b>	Ready to take your trauma informed work to the next level? This full day training will help you to support students with more acute needs. Strategies to successfully support emotional regulation and de-escalation are taught to promote healing and learning.
<b>De-escalation and Regulation</b>	This half-day workshop will focus specifically on the escalation cycle. We will look at the neuroscience behind dysregulated behavior and learn effective strategies for each stage of regulation.
<b>Regulation Learning Stations</b>	This half-day fun and interactive training will take educators through a series of stations where they will learn hands-on strategies for classroom regulation. A kit of tools and book of strategies to take back to your classroom is included.
<b>Train the Trainer Certification: Wellbeing in Education</b>	This intensive four-day certification will provide educators with the skills and expertise to take our curriculum back to your district and teach others. All the curriculum and resources you will need to host compelling professional development for staff on stress, trauma, and wellbeing will be provided.
<b>Responding to Crisis or Community Tragedy</b>	We can support your team to support your school when bad things happen. We will work with you to develop customized resources for educators, parents, and students to support coping with stress, trauma, grief and loss.



## Professional Development and Services Catalog

<b>Crucial Conversation</b>	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.
<b>Cultural Humility</b>	A person's culture is made up of many factors including race, gender, age, and life experiences. Therefore, it is never possible to be truly "culturally competent" just by looking at a person. This one-day training teaches a process of reflection and self-awareness on one's own personal culture and how this impacts our understanding of the world. This lens is then applied to our students and colleagues. Learn how this may show up in classroom practices and policies and how we can use humility to learn about the worldview of our students and families to effectively support them in learning.
<b>Implicit Bias in Education</b>	Our brains are wired for bias of all kinds, many of which we are not aware of, which govern our actions. Only when we seek to make our unconscious thoughts conscious can we change our thoughts, actions, and outcomes. Learn to reflect on how your bias shows up in the classroom and how this awareness can support a goal of creating inclusive education for all students.
<b>Microaggressions in Education</b>	This workshop will help educators to recognize the indirect, subtle, or unintentional ways in which our language and actions can create a non-inclusive educational environment.
<b>Train the Trainer Certification: Creating Inclusive Classrooms</b>	This intensive three-day certification will provide educators with the skills and expertise to take our curriculum back to your district and teach others. All the curriculum and resources you will need to host compelling professional development for staff on culturally responsive practice including crucial conversations, cultural humility, bias, and microaggressions in education will be provided.



## Professional Development and Services Catalog

### Coaching and Consultation

<b>Leadership Coaching</b>	Support for school leadership teams in planning professional development and leading staff through school-wide change process.
<b>Professional Learning Communities</b>	Deepen the understanding through ongoing learning throughout the school year.
<b>Classroom Coaching and Consultation</b>	Observation and coaching on specific classrooms or environments to develop effective strategies and systems.
<b>Student specific assessment and planning</b>	Observation and assessment of specific student challenges. Includes support in building and implementing effective behavioral improvement plans.



# Professional Development and Services Catalog

## Meet the Trainers



### **Sara Daniel, MSW, LCSW**

Sara has been facilitating transformational change through coaching and collaboration with school leadership teams, staff professional development and student specific

consultation. She specializes in supporting schools to create successful outcomes for all students including those impacted by trauma and mental health challenges. She has worked with countless school districts and early care education centers nationwide and trained thousands of individuals on Implementing Trauma Sensitive Schools.

Sara is the former VP of Education for Wellpoint Care Network and a former Administrator for a Milwaukee public charter school. She has been a senior coach and consultant for the Wisconsin Department of Public Instruction Trauma Sensitive School Initiative and the co-author of the Trauma Sensitive Schools Learning Module Series <https://dpi.wi.gov/sspw/mental-health/trauma/modules>.

Sara is also certified clinician and trainer in Dr. Bruce Perry's Neurosequential Model of Therapeutics (NMT) and the Neurosequential Model of Education (NME). She was the leader of the Adverse Childhood Experience (ACE) Interface Master Trainer Project for the state of Wisconsin (2014-2019), which promotes public education about ACEs and the development of self-healing communities in partnership with Laura Porter and Dr. Robert Anda

Sara is the founder of Daniel Educational Services.



### **Kanisha Phelps, MS**

Kanisha is the Director of Organization Development and Culture for the Boys and Girls Club of Greater Milwaukee. She is also former special education teacher from Milwaukee

Public Schools district serving students with significant with social-emotional learning challenges. There she was named Teacher of the Year by the Metropolitan Alliance of Black School Educators.

Kanisha is a former leader at Wellpoint Care Network where she worked with many school districts on school-wide transformation in trauma sensitive schools. She has also worked in the staffing industry creating and implementing training and was responsible for the development of staff in areas of diversity and cultural competency.

Kanisha is a leader in advancing organizational change through trauma informed care, diversity, equity, and inclusion. She specializes in holding intentional space for crucial conversations and work that is needed guide people and organizations through the change process.

Kanisha has a Master's Degree in Administrative & Instructional Leadership from the University of Wisconsin-Milwaukee and is certified in Human Resources Management and Instructional Design.

Kanisha is the founder of Kaykenal, Inc. Presents