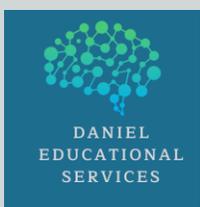


Service Catalog

Professional Development Topics

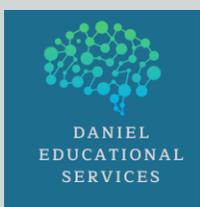
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| Well-being for All | "Well-being for All" is an inclusive framework that promotes universal strategies to support the well-being of students, educators, and other key adults in a student's life. Rooted in the science of stress and well-being, this model is structured around the CAREER framework and can be delivered in a series format. The core elements of CAREER include: <i>Co-regulation, Authentic Relationships, Resilience with Intentionality, Education and Empowerment, and Responsibility and Repair.</i> |
| Certification in Well-being for All: Train the Trainer | This intensive four-day certification program equips educators with the skills and expertise to implement our curriculum within their own districts and train others. Participants will receive all necessary curriculum materials and resources to lead impactful professional development sessions focused on stress, trauma, and well-being. |
| Well-being Series: Designed to be delivered over the course of one or two school years. | |
| 1. Well-being for Students | This one-day training helps educators deepen their understanding of stress, trauma, and mental health challenges that affect student success. It provides practical strategies to support student resilience and well-being, promoting regulation and improved achievement in the classroom. |
| 2. Well-being for Educators | This half-day workshop supports administrators and educators in addressing the effects of compassion fatigue and burnout. It offers actionable strategies to enhance school culture and climate while promoting educator well-being. |
| 3. Well-being for Families | This half-day workshop equips you with the tools to educate and train families on promoting stress management and well-being in their children. You'll receive guidance on organizing a fun, engaging family event focused on these topics, along with strategies for creating accessible resources to share with parents and caregivers. |
| Cultivating a Resilient School Culture | This training focuses on building a school culture that intentionally supports the development of resilience in both children and adults. Participants will explore strategies that balance high expectations with compassion and support, creating an environment where individuals can effectively manage stress and overcome challenges. By the end of the session, participants will develop a customized plan to implement culture-enhancing strategies in their schools. |

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



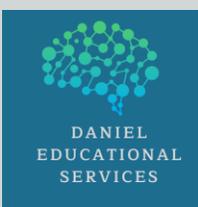
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| <p>Getting Unstuck: Engaging Students Experiencing Anxiety</p> | <p>This training equips educators with strategies to engage students in building the skills to persevere and rise to meet challenges. Too often, students experience anxiety and withdraw from social and academic life to avoid discomfort or fear. Learn practical approaches to support stress resilience and help students thrive.</p> |
| <p>Well-being for Families Facilitator Training</p> | <p>This two-day training certifies participants as facilitators of an 8-session curriculum designed to help families understand the science of stress and well-being. Using family-friendly language and interactive activities, facilitators will be equipped to empower families with practical skills to support both their children's and their own well-being.</p> |
| <p>Bienestar para la educación infantil</p> | <p>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.</p> |
| <p>Trauma Sensitive Schools</p> | <p>This one-day training will help your school understand how trauma and adversity impact students across all educational settings. Educators will learn to shift their perspective when supporting student challenges and to implement systems and strategies that promote resilience for all learners.</p> |
| <p>Advanced Trauma Sensitive Schools</p> | <p>"Ready to take your trauma-informed work to the next level? This full-day training will equip you to better support students with more acute needs. You'll learn effective strategies for promoting emotional regulation and de-escalation—key tools to foster healing and support meaningful learning."</p> |
| <p>De-escalation and Regulation</p> | <p>"This half-day workshop focuses on the escalation cycle, exploring the neuroscience behind dysregulated behavior and providing effective strategies for each stage of regulation."</p> |



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| Regulation Learning Stations | 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. |
| Crucial Conversation | 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. |
| Cultural Humility | 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. |
| Creating Inclusive Classrooms | 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. |
| Train the Trainer Certification: Creating Inclusive Classrooms | 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. |



Service Catalog

Coaching and Consultation

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| Leadership Coaching | Support for school leadership teams in planning professional development and leading staff through school-wide change process. |
| Professional Learning Communities | Deepen the understanding through ongoing learning throughout the school year. |
| Classroom Coaching and Consultation | Observation and coaching in specific classrooms or environments to develop effective strategies and systems. |
| Student specific assessment and planning | Observation and assessment of specific student challenges. Includes support in building and implementing effective behavioral improvement plans. |
| Responding to Crisis or Community Tragedy | 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. |
| Student Lessons in Stress and The Brain | Learn how to educate and empower students through understanding the science of stress, well-being, and self-regulation. |
| Student Leadership Groups | 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. |

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 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 Vice President of Education for a large Milwaukee based human services and child welfare organization 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 is 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 owner and Executive Director of Daniel Educational Services, LLC



Kanisha Curry, MS

Kanisha is the Director of Organization Development and Culture for the Boys and Girls Club of Greater Milwaukee.

She is also a former special education teacher from Milwaukee Public Schools district serving students with significant 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.



Yimma Davila Castro

Yimma is currently the Early Childhood Education Manager for Milwaukee Succeeds and has over nine years of direct experience in early childhood education as an owner and lead teacher of a family childcare center called Yimma's Bright Beginnings Daycare LLC. Through her leadership and commitment to excellence, this organization earned a 5-star rating from Youngstar, in recognition of its effective and high-quality programming. Yimma has extensive experience in early childhood education and is skilled in best practices, organizational management, staff development, training, and leadership.

Yimma moved to Milwaukee, WI from Tepechitlán, Zacatecas México in 2000. Her lived experience as an immigrant to the United States helps her to understand and empathize with the experiences of other Hispanic early childhood educators. This allows her to effectively engage in providing support and advocacy on behalf of this population. She is a trusted messenger who can connect and network with others easily to provide resources and support.

Yimma provides bilingual, Registry approved training to Early Childhood Educators. Topics include mental health and well-being, professional development, organization tools, policies, and contracts. She is the co-author of a curriculum called “Bienestar para educación infantil” which helps early childhood educators to understand stress and trauma in adults and children and provides strategies to respond effectively. This curriculum is currently being used to certify other trainers in Wisconsin. Yimma graduated from MATC with an Early Childhood Education Associate’s degree and is currently enrolled at UW-Whitewater pursuing an ECE Bachelor's Degree. Yimma is the Owner of Bright Translation and Consultation.



Diana Billstrom

Diana, a dynamic Executive Director, is renowned for driving positive changes with a specific focus on addressing challenges experienced by communities facing systemic disparities. Born and raised in Mexico, Diana brings a unique perspective to her role. Through strategic engagement, cultural sensitivity, and a genuine passion for community service, she has become a respected advocate for creating a supportive environment for families within the community.

Her empathetic leadership style and commitment to measurable impact have led to the successful implementation of family programs that strengthen family relationships and the community. Diana actively collaborates with stakeholders, organizations, and community members to create opportunities for Early Childhood Education leaving a lasting impact on the lives of individuals. Diana has extensive experience in supporting parents of children from infancy to adolescence. She has direct experience both in her former role as Program Manager of HIPPY (Home Instruction for Parents of Preschool Youngsters) and her current role at Bay View Community Center.

She facilitates workshops on positive parenting, social emotional learning, healthy brain development, and coping with stress and emotions. She is certified in Nurturing Parenting, Be Strong Families Cafés, Mind in the Making and Wisconsin Breastfeeding Friendly Childcare Provider. She also works with adolescents providing support on building healthy relationships, setting boundaries and self-care. She is the co-author of “Bienestar para educación infantil” which helps early childhood educators to understand stress and trauma in adults and children and provides strategies to respond effectively. This curriculum is currently being used to certify other trainers in Wisconsin. Diana has earned a Technical Degree in Commerce with a specialization in Business from the Universidad Tecnológica de Aguascalientes.