

Casteel Educational Consulting
2026 Featured Professional Development sessions
Custom sessions can be created for your school's specific needs

Compassionate Communication- Having difficult conversations

Audience: Early childhood and Elementary Faculty

Difficult conversations can be uncomfortable, but they are necessary regularly in the school environment. Learning how to communicate effectively, compassionately with parents about classroom challenges can help move difficult conversations into cohesive, caring conversations; allowing support for students, parents, and staff.

Understanding Anxiety- In the classroom

Audience: Early Childhood, Elementary, Middle and High School Faculty

Anxiousness, and anxiety isn't always rational or recognizable. In the classroom, common behaviors may be influenced by anxiety. Proactive classroom strategies, awareness, and responsiveness can help provide a more cohesive, supportive and functional classroom for students, staff and parents.

The Ferrari brain: Understanding ADHD- socially, emotionally and academically

Audience: Elementary, Middle School and High School Faculty

Learn to better understand the unique adhd brain, set up classroom strategies, structure and response to best support not just students with adhd, but all students effectively. Go beyond accommodations to better understand and support the nuances of the social, emotional, cognitive and kinesthetic needs of students with adhd. The adhd brain's needs and presentation can vary significantly from each person, and a stronger understanding of the lesser known needs can lead students, faculty and parents from frustration to empowerment.

Little People with Big Feelings and Big Behaviors- Supporting Emotional regulation

Audience: Early Childhood and Elementary Faculty

All behavior is communication. What needs are your classroom students communicating and how can you best support them? Move your days from chaotic to calm with better understanding of big feelings and behaviors and how to navigate them in a nurturing and efficient manner through awareness, understanding, and strategy.

Engaging Executive Function- Digging deeper to develop and support Executive function

Audience: Elementary, Middle School and High school Faculty

Executive function is the control hub of all the brains' functions. For some students, these functions come naturally, or are easily acquired through instruction. Not all students can navigate executive functions the same way. Mental health influences, neurodiverse and gifted thinkers need different approaches to acquire these skills. With a focus on teaching student self awareness, problem solving, advocacy, and understanding of the challenges many students face with a cookie- cutter approach to navigating these complex skills leads to a high level of skill acquisition and student independence and success.

What gets your goat? Understanding Co-regulation

Audience: Early Childhood Faculty

Dealing with challenging behaviors can be frustrating, but developing an awareness of what behaviors are most bothersome to you can help you most effectively address those challenges. Learn to understand how co-regulation can help with some of your most challenging behaviors and how important perception, response and awareness can be to managing class behaviors.

Meaningful Movement: Utilizing Brain based Movement to develop social, emotional, motor, cognitive and sensory development

Audience: Early Childhood and Elementary faculty

Movement is one of the most powerful to deliver learning in all areas of development! Utilizing brain-based movement we will navigate how to integrate more movement in all areas of the school day to help support social, emotional, behavioral, and cognitive learning.

