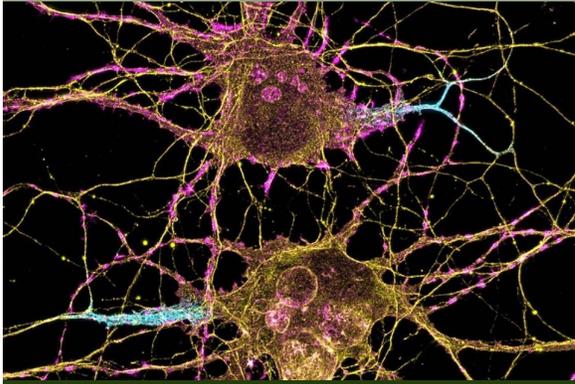


SUPPORTS TO MITIGATE TRAUMA



Online
In-Person
Professional
Learning

Johanson Consulting August, 2020



Professional Learning Designed for You

Support your staff and students to mitigate the impacts of trauma and create a caring culture for self, classroom and community.

For many of us, COVID-19 experiences will increase uncertainty and stress. When we are under acute stress, we are more likely to operate from the survival areas of our brain. How might we support school staffs to understand these impacts on ourselves and our students? How might we be proactive in reducing trauma-induced thought patterns? This series of professional learning is designed to empower teachers and other school staff with knowledge and practical strategies that can be integrated into everyday practices.

"My division participated in a superb virtual staff convention far beyond a webinar or other traditional professional development approaches. It reflected customized active engagement of all my staff, being so together while physically being apart! Terry Johanson and her team co-planned a day with us reflecting master teaching and advanced application of technology that could be readily applied to the classroom. This creative professional learning is truly a remarkable way to help all your staff increase their well-being in a safe and deeply motivating manner!"

Gwen Keith, Director of Education, Holy Family School Division:

The following summarize existing professional learning topics in the area of growing resilience for teachers and students.

CREATE A CULTURE OF CARE FOR SELF, CLASSROOM & COMMUNITY

AGENDA

- What is a Culture of Care?
- The History of Reconciliation
- Introducing the 5E's
- The Circle of Courage
- Connecting the 5Es and the Circle of Courage
- The Brain and Trauma Impacts
- Connecting Trauma and the 5Es
- Examples of Self, Classroom and Community:
 - Empathy
 - Ethical
 - Engaged
 - Enlightened
 - Empowered
- From Knowing to Action
- Reflection: What is a Culture of Care?

Build a culture of care for ourselves, our classrooms, and our community.

Connecting the 5Es of Citizenship Education (Enlightened, Empowered, Empathetic, Ethical, and Engaged) and the Circle of Courage, this session will explore strategies for gratitude, joy and self-reflection for self, students, and the community we care for.

SUPPORTS TO MITIGATE TRAUMA

- CREATING A CULTURE OF CARE: SELF, CLASSROOM AND COMMUNITY
- CULTIVATE JOY, EMPATHY AND COMPASSION
- CREATE A TRAUMA-INFORMED CLASSROOM
- UNDERSTANDING THE BRAIN TO MITIGATE TRAUMA
- DEVELOPING A CLASSROOM ENVIRONMENT TO MITIGATE TRAUMA
- PROJECT, PLACE, AND COMMUNITY-BASED LEARNING TO MITIGATE TRAUMA
- ACTIVE STRATEGIES TO MITIGATE TRAUMA

"There is no power for change greater than a community discovering what it cares about."

~Margaret J. Wheatley

INDIVIDUAL REGISTRATION

Online workshops will be hosted through the fall on topics of interest to teachers and administrators.

Individuals can register to pursue their personalized professional

learning goals. Find out dates and topics at <https://johansonconsulting.ca/onlinepd/>



CONTRACTED SERVICES

Topics of interest to school and system staffs as a whole can be contracted for dates, times and platforms convenient for you. The advantages of contracted services are:

- Professional learning can be delivered online, in-person or blended.
- Content is customized based on what you want and need.

Contact Terry@johansonconsulting.ca for more information.



CULTIVATE JOY, EMPATHY & COMPASSION

Disruptors of joy may be held in our sub-conscious, and highlighting and bringing those disruptors into our awareness allows us to embody more joy, empathy, and compassion for ourselves and others. In this interactive session, we explore and discuss practical strategies that can be used in your everyday life to cultivate more joy and gratitude.

AGENDA:

- Self Awareness
- Disruptors of Joy: Limiting Belief Systems, Active Memories, Mind Chatter
- Joyful Practices: Self-Compassion, Reflection, Gratitude, Resource Intensification

CREATE A TRAUMA-INFORMED CLASSROOM

As teachers, we may not be part of a trauma experience but are often part of the healing process. In this online learning event, we will explore the impact of trauma on brain development, the difference between misbehaviour and stress behaviour and the skills of co-regulation to create a trauma-informed classroom.

AGENDA:

- The Brain and Trauma
- Neuroplasticity
- Stress Behaviour vs Misbehaviour
- Connecting the Circle of Courage and the Domains of Regulation
- Triggers
- Co- and Self-Regulation
- Active Memories
- Strategies to Mitigate Trauma Impacts

TRAUMA-INFORMED 2 HOUR MINI-SESSIONS

Understand the Brain to Mitigate Trauma

Project, Place and Community-Based Learning to Mitigate Trauma

Develop a Classroom Environment to Mitigate Trauma

Active Strategies to Mitigate Trauma



ONLINE
IN-PERSON
PROFESSIONAL
LEARNING

We are navigating uncharted times in response to novel Corona-virus in our larger society and in our schools. There are so many variables to consider, not least of which are the emotional and mental well-being of our students and staff as we re-enter school systems.

Our growing resilience team has been developing professional learning experiences to support you as you plan to support your students. By understanding the brain and how our experiences influence thought pathways, we are better equipped to care for ourselves, our students and our community.

Contact us to find out more.

Terry Johanson

B.Ed M.Ed

Owner, Johanson Consulting



Growing Resilience

JOHANSON CONSULTING

Terry@johansonconsulting.ca

306.220.9169 ph

<https://johansonconsulting.ca>