

## Synchronous Professional Development (PD) Options for TK-12 Teachers for Social Emotional Learning (SEL)

**SEL 101:** In this 6-hour PD, participants will be introduced to the SEL competencies, gain an understanding of the impact of trauma and learn how to use SEL to build resilience.

Saturday, 11/14/2020	9:00 AM – 4:00 PM
Sunday, 12/6/2020	9:00 AM – 4:00 PM
Saturday, 1/23/2021	9:00 AM – 4:00 PM
Saturday, 2/6/2021	9:00 AM – 4:00 PM
Sunday, 3/7/2021	9:00 AM – 4:00 PM
Saturday, 4/10/2021	9:00 AM – 4:00 PM

**A Deeper Dive into SEL Integration:** In this 6-hour PD, participants will go deeper into the SEL competencies and learn strategies for integrating SEL & trauma-informed practices into instruction.

Saturday, 12/5/2020	9:00 AM – 4:00 PM
Saturday, 1/30/2021	9:00 AM – 4:00 PM
Saturday, 2/27/2021	9:00 AM – 4:00 PM
Saturday, 3/13/2021	9:00 AM – 4:00 PM
Saturday, 4/17/2021	9:00 AM – 4:00 PM
Saturday, 5/1/2021	9:00 AM – 4:00 PM

**Mindfulness for Educators:** In this 4-hour PD, participants will learn about the benefits of Mindfulness and will gain strategies for integrating Mindfulness into instruction to manage toxic stress and trauma.

Sunday, 11/15/2020	9:00 AM – 1:00 PM
Saturday, 12/12/2020	9:00 AM – 1:00 PM
Sunday, 2/7/2021	9:00 AM – 1:00 PM
Saturday, 3/13/2021	9:00 AM – 1:00 PM
Saturday, 5/8/2021	9:00 AM – 1:00 PM

**Using SEL to Promote Agency, Identity and Belonging**  
In this 4-hour PD, participants will explore how to promote agency, identity and a sense of belonging through SEL.

Saturday, 3/6/2021	9:00 AM – 1:00 PM
Sunday, 4/11/2021	9:00 AM – 1:00 PM
Saturday, 5/1/2021	9:00 AM – 1:00 PM
Saturday, 5/15/2021	9:00 AM – 1:00 PM

**PLEASE NOTE:** ALL PDs WILL BE SYNCHRONOUS VIA ZOOM. UPON REGISTRATION, THE ZOOM LINK WILL BE EMAILED. \* Participants will be compensated at training rate upon full completion of this optional training or hours can be used toward a salary point or NBC hours.

Register: [MyPLN](#)

Search Keywords: SELPD2020

Note: Registration closes 48 hours prior to the event.

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Approved by:  
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High School Instruction