

# SEL Programs

Social Emotional Learning

## The Social Emotional Learning Workshop

SEL Programs creates impactful learning experiences which leave participants wanting to be a positive part of society. We have an effective program that helps one another feel connected to each other and their communities, by listening, sharing, accepting, and celebrating one's differences, similarities, and uniquenesses.

Participants begin to break down barriers of vulnerability to feel more comfortable having meaningful conversations around topics such as inspiration, risks taken, mistakes made, lessons learned, forming and reinforcing new habits, creating and setting goals, hope, purpose, and analysing sources of personal and collective motivation (and much more). Through the practice and study of *Self-Management, Self-Awareness, Self-Improvement, Social Awareness, Relationship Skills, Goal Setting, Responsible Decision Making, Implementing Change, and Self-Reflection* (which are some of the fundamentals of Social Emotional Learning), participants gain the confidence to connect with people from diverse backgrounds. By listening, sharing experiences, and creating visions for the future, from one's own experience with family, peers, community, institution, and self, one becomes fundamentally more introspective and positive part of society. All these exercises and practices build a strong sense of empathy and self-efficacy through perspective taking, which connects us through the themes of resilience, and perseverance.

## Benefits

This SEL Workshop helps harness a sense of purpose and meaning in life by gaining the ability to feel connected to people and their surroundings. Personal potential is also explored through the fundamentals of SEL. Individuals begin to challenge certain behaviors and norms, and in return build a happy, healthy identity. SEL Programs helps build more diversity, equity, and inclusion in communities by accepting and appreciating one's own experience and how it relates to others.

## Workshop Breakdown

**Module 1: Self-Management, Self-Awareness, Self-Improvement.** Ask prompting questions that participants will answer regarding to, *Self-Management, Self-Awareness, and Self Improvement*. Give participants each a couple minutes to write down their answers, sharing between questions out loud to the group. Encourage participants to ask follow up questions and create open ended conversation. Lesson on Self-Confidence and Self-Management, attitudes towards self. Goal is to recognize one's emotions, strengths, limitations, and values. Goals include finding out more about what one cares for, why they care, who they can help, and what they are good at helping others with.

**Module 2: Social Awareness, Relationship Skills.** Ask prompting questions that participants will answer regarding to, *Social Awareness and Relationship Skills*. Give participants each a couple minutes to write down their answers, sharing between questions out loud to the group. Encourage participants to ask follow up questions and create open ended conversation. Participants will explore and discuss the concepts of managing relationships by building stronger connections. Goal is to increase positive relationships, social support, and create opportunities that strengthen assets to help flourish in one's environment. Goals include encouragement to embrace differences.

**Module 3: Goal Setting, Responsible Decision Making.** Ask prompting questions that participants will answer regarding to, *Goal Setting and Responsible Decision Making*. Give participants each a couple minutes to write down their answers, sharing between questions out loud to the group. Encourage participants to ask follow up questions to create open ended conversation. Lesson on prosocial attitudes. Goal is to help foster belief in the future and build fundamental needs for motivation. Participants will understand the importance of hope and goal setting more in-depth.

**Module 4: Implementing Change, Self-Reflection.** Ask prompting questions that participants will answer regarding to, *Implementing Change and Self-Reflection*. Give participants each a couple minutes to write down their answers, sharing between questions out loud to the group. Encourage participants to ask follow up questions to create open ended conversation. Lesson is on addressing various forms of diversity, equity, and inclusion by also addressing forms of inequity. Participants will explore and discuss concepts of emotional coping skills and empathy.

## Pricing

**Model 1:** Interactive Social Emotional Learning Workshop for 60-90 minutes. **\$400**

**Model 2:** Pay What You Can.

