



REFRAMING EDUCATION WITH SOCIAL EMOTIONAL LEARNING

WHAT is Social Emotional Learning (SEL)?

“SEL is the process through which all young people and adults acquire and apply the knowledge, skills and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.”

- The Collaborative for Academics, Social and Emotional Learning



TEACHING WITH THE HEART IN MIND

WHY attend?

- When adults make sense of their own EQ they can remove the *social + emotional* barriers that hinder a students' ability to *learn + achieve*
- SEL using the HEART IN MIND model will help teachers develop their own emotional resilience and mental fitness and transform their teaching practice to cope with the many challenges they face

WHO should attend?

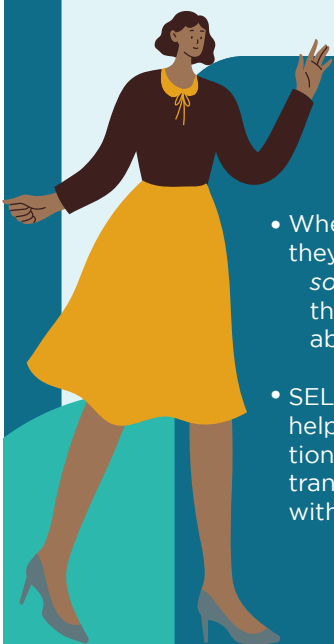
- Do you need to recharge your emotional batteries?
- Does it feel like you're dragging yourself through the day, with little joy or energy left for teaching?
- Do you wish you had the time and tools to breathe life back into yourself and your career and to feel the joy, passion, creative spark, and purpose you used to experience?
- Do you have to train + support other teachers?
- Do you want to work as an independent SEL facilitator?

Proven
framework

Practical
guidance

Grounded
in
research

Input
from
industry
experts





MAKE A CHOICE TAKE A CHANCE BE THE CHANGE STARTING IN 2023

The in-depth programme includes:

- Six seconds emotional intelligence self-assessment
- 6 - Week mental fitness programme
- Teaching with the Heart in Mind book
- Monthly 1:1 coaching session
- Guide book with Q+A topics
- Monthly group discussion

Early
bird
R6000

Normal
price
R6500

**Early bird bookings available until
28 January 2023*



The World Economic Forum ranks EQ as one of the top skills for the work force of 2023.

Are we preparing our children with these skills?

Your facilitator:

- 30 years teaching experience.
- Six Seconds certified Practitioner, Facilitator and Educator.
- Positive Intelligence Coach.

Contact us:

libby.eqlibrium@gmail.com

082 7729312

www.eqlibrium.co.za



Course outline:

27th FEB : **Positive Intelligence Mental Fitness Programme**
31st MAR

APR : **What is SEL**
Teaching with the Heart in Mind

MAY : **Learning is social, emotional and academic:**
We feel therefore we learn.
A champion for every child.
Adversity affects learning.

JUN : **Developing positive conditions for learning:**
Physical, emotional and intellectual safety.
Academic engagement and challenge.
Social and emotional capacity.

JUL : **The Wholehearted Educator:**
Finding your voice.
Building Resilience.
Doing the work that matters.

AUG : **Teaching and learning:**
Practice counts.
Challenges can be productive.
It starts with you.

SEP : **Putting all the pieces together.**

OCT : **Self assessment for HEART skills.**