

Professional Development & Classroom Offerings



NewBridge

CLE | CAT



Professional Development

\$1,500/session, fully customizable to meet your staff's needs

Introduction to Restorative Practices

- History of Restorative Justice
- Restorative Justice vs. Restorative Practice
- Social Discipline Window
- Restorative Practices Continuum
- 5 R's of Restorative
- W.A.R.M.
- Circles of Support
- Basic Guidelines
- Restorative Agreements
- Follow-up and Re-entry

3 hours training, 2 instructors, with 60 maximum attendees per session

Burnout Prevention and Self-Care

- Continuum pressure-depression
- Stress vs. Burnout
- Burnout quiz
- Self-Care Maintenance Plan
- Emergency Self-Care Plan
- Culture of Wellbeing
- Engagement vs. Disengagement
- Gratitude and the Gratitude Circle

1 1/2 to 2 hour training with a maximum of 25 attendees per session

Fundamentals in Trauma Informed Care

- What is Trauma?
- History of the ACE Questionnaire
- Types of ACE trauma
- Probability outcomes of ACE scores
- Biological impacts of Trauma
- Overcoming your ACE score
- Developing Resilience
- Learning Brain Vs. Survival Brain
- Emotional Granularity
- Reading Emotions
- Trauma Informed Care
- P.A.G.E. & H.A.L.T.
- Non-violent communication

3 hours training with 40 maximum attendees per session

Training sessions can be held at your location or ours.

All training modules are completely customizable and can include from 1 hour to multiple hour sessions. There are more options than what are listed, so please call us today at 216-867-9775 to talk to one of our professional development facilitators to discuss the best options for your unique training needs.

SEL Modules for Students



Identity

- Check-Ins
- Establish “Safe Space”
- About me snow ball activity
- Define: Identity
- Identity step-ins
- Identity Lines
- Inside vs. outside
- Shaping Identities
- Static vs. Fluid
- Intersectionality

Racial Bias and Stereotyping

- Check-Ins
- Establish “Safe” Space
- Truths and Lies activity
- Define: bias, stereotype
- Personal bias and stereotypes
- Our history, the media, and our society
- Harm - prejudice, discrimination and ISMS
- Power and privilege
- Self-awareness and social awareness
- Advocacy and Allies

Empathy

- Check-Ins
- Establish “Safe Space”
- Pecking Order Activity
- Define: Empathy
- Vulnerability
- Empathy Map
- Empathy Cards
- Resources, peer support, and trust
- Deep/active listening
- Concentric Circles
- Positive Feedback

Teamwork, Leadership, and Community

- Check-Ins
- Establish “Safe Space”
- Many teamwork challenges
- Define: teamwork and leadership
- Qualities
- Leadership animal
- Leadership style quiz
- Leadership style vacation activity
- Role models
- Social responsibility

Emotional Granularity and Regulation

- Check-Ins
- Establish “Safe Space”
- Emotions List
- Flooding step-ins
- Fight, flight, freeze
- “A Time I Lost It”
- Projecting & bullying
- Concentric Circles
- Interpersonal Communication
- Emotional Intelligence

Values and Goal Setting

- Check-Ins
- Establish “Safe Space”
- Clustering activity
- Define: Values
- Personal values vs. societal values
- “Branding You”
- Define: goals & dreams
- Influences/factors
- Short-term vs. Long-term
- Development cycle
- Goal writing
- Letter to self

Pricing for all of the SEL Modules for Students varies based on program design including length of training and additional options such as additional art activities.



Workability for Students & Staff

\$575/session or \$3,450 for ALL



1 hour minimum/6 hour maximum per topic and a maximum of 30 hours for all training topics, which includes a certification exam to earn the “Work Ethic Proficiency Certification”. Maximum of 20 attendees per session.



3634 Euclid Ave., Suite 100
Cleveland, OH 44115
NewBridgeCleveland.org
216-867-9775

Attitude

- Defining attitude
- Personal/interpersonal skills
- Employer expectations
- Powers of Perception
- Making the Choice
- Most important skills
- Understanding & working with different personalities
- Managing emotions

Attendance

- Defining attendance
- Being prepared
- Bringing your whole self to work
- Resolving the drama triangle
- Being there when you're not there
- Influencing others
- The impact of being on time

Appearance

- Defining professional appearance
- Employer expectations
- Do's and Don'ts
- Brand building
- Social Media
- The “other” first impression
- Words, tone & body language

Ambition

- Defining ambition
- Dream job
- Vision statement
- Vision board
- S.M.A.R.T. goal setting
- Lifelong learning
- Rewards & consequences
- Removing obstacles

Acceptance

- Defining acceptance
- Teamwork & relationships
- Showing respect
- Understanding others
- Generational differences
- Everyone is different
- Constructive disagreement

Appreciation

- Defining appreciation
- Gratitude
- High touch in a high-tech world
- Overcoming service obstacles
- Authentic appreciation
- Small things that make big differences
- Giving Back

Accountability

- Defining accountability
- Why?
- Integrity
- Wants/Needs/Shoulds/Risks
- Consequences of assuming ownership