

TRAINING

PROFESSIONAL DEVELOPMENT
STUDENT WORKSHOPS
PARENT TALKS

ALL PROGRAMS ARE AVAILABLE IN AUSTRALIA ONLY



PROFESSIONAL DEVELOPMENT



Social-Emotional Learning for All: Best Practice of You Can Do It! Education

This online course is Ideal for teachers new to You Can Do It! Education as well as those familiar with YCDI! Education seeking an up-date of theory and practice. Presented by Professor Michael Bernard, the course consists of 9 interactive modules covering the following topics:

- Social-emotional learning
- You Can Do It! Education
- Social-emotional learning curricula
- Teaching social-emotional learning skills
- School-wide practices to build a critical mass
- Teaching students how to change the way they think
- Overcoming student social-emotional difficulties
- The strength of self-acceptance
- Parent education

Participants receive a digital guide by Michael Bernard Social-Emotional Learning for All: Best Practice of You Can Do It! Education (125 pages) that summarises key content from all eight topics. Participants work through the course in their own time and place. Each module takes approximately 30 minutes to complete.

Target Audience Primary and Secondary School Teachers

Delivery Digital

Price* \$195 per participant for up to 10 participants
\$1,995 total for 11 or more participants



The Resilient Educator

This online course presented by Professor Michael Bernard is ideal for new and experienced educators and school leaders seeking tools for strengthening resilience needed to cope with the demands and challenges of working in schools. The learning objectives of the course are:

- Define resilience in terms of five distinctive attributes
- Discuss the role of stress-producing thinking and stress-managing thinking in resilience
- Discuss the importance of self-acceptance on resilience
- Apply a three-step action plan for building resilience: Take Stock, Take Control, Take Action

Participants receive a digital guide by Michael Bernard, The Resilient Educator Workbook (55 pages) that summarises key content. Participants work through the course in their own time and place. The course takes approximately 2 – 3 hours to complete.

Target Audience Primary and Secondary School Teachers

Delivery Digital

Price* \$125 per participant for up to 15 participants
\$1,750 total for 16 or more participants

*Price does not include GST

Best Practice of You Can Do It! Education

This workshop presents the basic theory and practice of YCDI! Education as it relates to increasing student achievement, positive behaviour and wellbeing.

Teachers will learn how to help develop student confidence, persistence, organisation, getting along and resilience as well as positive Attitudes (e.g. optimism, high frustration tolerance and self-acceptance).

YCDI! Education training includes classroom and school-wide practices and the use of YCDI! student development curricula (YCDI! Early Childhood Program Achieve, 3rd Ed., NEW Program Achieve). Ideal for a school new to YCDI! Education or with new staff or staff needing a refresher in YCDI!



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|------------------------|--|
| Target Audience | Primary and Secondary School Teachers |
| Delivery | Full day or 2 x half-days or twilight sessions presented at your school by a YCDI! Education Trainer |
| Price* | \$1250 full day session \$750 x 2 half-day or twilight sessions |

The Resilient Educator

This highly acclaimed half-day workshop presented at hundreds of primary and secondary schools and enjoyed by over 10,000 teachers is designed to promote self-awareness and self-management in the face of tough work situations and people. The Resilient Educator helps teachers and administrators develop positive attitudes and social and emotional skills to perform at their best.

This workshop is an ideal experience for teachers to gain greater understanding and appreciation of the attitudes and social-emotional skills taught in YCDI! Education social-emotional learning curricula.

Workshop Topics

- Resilience: Personal capability
- Resilience: The Big Picture
- Adverse events in school
- “Things are neither good nor bad, but thinking makes them so”
- Re-calibrating the badness of adverse events: The Catastrophe Scale
- Check-up from the “Neck-up Survey” The battle between “positive” and “negative” Habits of the Mind
- Individual Action Plan for Building Resilience at Work (and Home)
- Step 1. Take Stock
- Step 2. Take Control
- Step 3. Take Action



| | |
|------------------------|--|
| Target Audience | Teachers, school leaders and staff |
| Delivery | One half-day or twilight session presented at your school by a YCDI! Education Trainer |
| Price* | \$750 half-day session \$750 twilight session |

**Price does not include GST or Trainer Travel Expenses*

BOOKINGS & ENQUIRIES

T +61 3 9415 8327 | Toll Free 1800 155 603

enquiries@youcandoiteducation.com.au | youcandoiteducation.com.au/schools

PROFESSIONAL DEVELOPMENT



Target Audience Primary and lower secondary-level teachers

Delivery One half-day or twilight session presented at your school by a YCDI! Education Trainer

Price* \$750 half-day session
\$750 twilight session

Attitudes and Behaviours for Learning (AB4L)

This workshop designed for primary and lower secondary-level classroom teachers focuses on the integration of personal, social and learning attitudes and skills during the teaching of literacy and numeracy.

Workshop Content

- Social and emotional learning skills that contribute to student engagement and achievement.
- How to integrate five SEL teaching practices for strengthening the positive attitudes and behaviours of students across a literacy lesson.

Goals of the AB4L Professional Development Program

- To increase knowledge of the role students' attitudes and social-emotional skills play in their engagement and learning.
- To learn about a group of attitudes and behaviours for learning that research indicates as having a significant influence on student engagement in their development and learning of literacy, numeracy and other academic skills.

- To learn how to integrate the AB4L program in the teaching of literacy, numeracy and other essential learning areas to increase student engagement and achievement.

Published research indicates that the AB4L teaching program strengthens students' attitudes and social-emotional skills needed for engagement, cooperative learning, independent classwork and homework and leads to an improvement in reading comprehension of students in the lower 50% of achievement.

AB4L Practices that Teachers Develop Further

- Develop the positive mindset of students.
- Share with students the goals/targets of the lesson and have them set their own learning goals.
- Identify behaviours for learning.
- Discuss positive and negative self-talk for learning.
- Communicate behaviour-specific feedback for learning.

AB4L Enables a Student to

- Begin their lessons with a positive mindset.
- Set a goal for what they want to learn during the class period.
- Apply behaviours for learning throughout lessons and during homework, (e.g., staying calm when they don't understand what the teacher is explaining, raising their hand to answer a difficult question; staying on task and not being distracted by others when working independently).
- Employ positive rather than negative self-talk when faced with schoolwork that is hard or when making mistakes.

**Price does not include GST or Trainer Travel Expenses*

STUDENT WORKSHOPS

You Can Do It! Keys for Success and Happiness

This program is presented by a YCDI! Education trainer to students to strengthen their social and emotional skills including positive attitudes.

A school may select from the following list of attitudes and social-emotional skills taught to students:

- Work confidence
- Persistence
- Goal Setting
- Time Management
- Teamwork
- Exam anxiety
- Self-acceptance
- Resilience



Target Audience

Students in Years 4 -12

Delivery

Full day or 2 x half-day sessions presented at your school by a YCDI! Education Trainer

Price*

\$1250 full day session
\$750 x 2 half-day sessions

Bullying: The Power to Cope

Presented by a YCDI! Education trainer, this program combines animated video, discussion topics and group activities, students learn rational self-talk and coping skills to deal with teasing, bullying and other forms of anti-social behaviour. They learn to use the following four-step strategy when faced with bullying:

- Step 1. Use positive self-talk
- Step 2. Communicate to bully that you are not being hurt
- Step 3. Find friends
- Step 4. Seek professional help



Target Audience

Students in Years 4 - 9

Delivery

Full day or 2 half-day sessions for students in years 4 – 9 presented at your school by a YCDI! Education Trainer

Price*

\$1250 full day session
\$750 x 2 half-day or twilight sessions

**Price does not include GST or Trainer Travel Expenses*

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STUDENT WORKSHOPS/PARENT TALKS



Taking success to the next level: Successful transition from primary to secondary school

This program is presented by a YCDI! Education trainer to students to strengthen their social and emotional skills including positive attitudes that will help them to:

- be independent learners,
- develop their leadership capacity,
- be self-managing and resilient in dealing with tough, challenging situations.

Topics include

- Setting goals
- The ABC's of emotions
- Confidence
- Persistence
- Self-acceptance
- Positive self-regard
- Managing time
- How not to worry

Target Audience

Students in Years 5 - 7

Delivery

Full day or 2 x half-day sessions presented at your school by a YCDI! Education Trainer

Price*

\$1250 full day session
\$750 x 2 half-day or twilight sessions



Parent Stress Management and Resilience

In this talk, participants will learn:

- How to stay calm and be resilient when facing adverse situations with their children.
- To recognise a range of adverse situations that arise with their children that have the potential for pushing their emotional buttons.
- About typical negative emotions, parents may experience when facing adverse situations with their children.
- How their own thinking — and not their children's behaviour — has a significant influence on how calm or stressed they are in the face of adversity.
- To identify stress-creating thoughts and how to replace stress-creating thoughts with those that lead to greater control and calmness.
- To keep adverse events with their children in perspective (not blow things out of proportion).
- The importance of accepting themselves, and not putting themselves down, when things are not going well with their children or when faced with a negative aspect of their own parenting.
- Be able to identify a variety of different things they can do to be resilient.

Target Audience

Parents & Guardians of children of all ages

Delivery

60-90 minute sessions offered during or after school/early evening by a YCDI! Education Trainer

Price*

\$495 per session

**Price does not include GST or Trainer Travel Expenses*

The Parenting Style that Matters Most

In this talk, parents will learn the importance of:

- Being authoritative in their approach with their children rather than aggressive or passive.
- Firmly communicating realistic, high, and clear expectations to their children concerning achievement and behaviour.
- Setting home rules and consequences can help them help their children achieve high standards and make good behavioural choices.
- Being consistent and persistent in enforcing rules.
- Accepting their children when their children do not live up to 'parents' expectations concerning achievement and behaviour.
- Teaching children to not put themselves down when they have not achieved in their schoolwork or have behaved poorly.
- Teaching their children to accept themselves, while working to improve their achievement and behaviour.



Target Audience

Parents & Guardians of children of all ages

Delivery

60-90 minute sessions offered during or after school/early evening by a YCDI! Education Trainer

Price*

\$495 per session

Children's Social-Emotional Learning at Home: The 5 Keys

In this talk, parents will learn:

- About four social and emotional learning skills children need to have developed to achieve to the best of their ability in their schoolwork and in other areas of their lives and experience social and emotional wellbeing.
- To identify their children's strengths and weaknesses in the development of these social and emotional learning skills.
- Four basic ways to help their children's strengthen their social-emotional skills:
 - a. Define and have conversations with your child about each of the five social-emotional skill
 - b. Describe behaviours to practice you would like your child to practice
 - c. Discuss the different ways to think that strengthen each social-emotional skill
 - d. Provide behaviour-specific feedback when your child demonstrates one of the social-emotional skills.
- About a variety of practical things they can do at home to support their children's social-emotional skills.



Target Audience

Parents & Guardians of children of all ages

Delivery

60-90 minute sessions offered during or after school/early evening by a YCDI! Education Trainer

Price*

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