

Returning with Resilience

2020-2021 Teacher Workshop

After a year of unprecedented change and challenge, this half-day workshop will enable teachers to provide a safe and productive, trauma-informed learning environment for the 2020-2021 school year.

We will discuss the principles of predictability, flexibility, connection, and empowerment as well as focusing on teacher wellbeing and resiliency as the future remains uncertain.

Content will be targeted to specific needs of the school, teachers, and the structure of the teaching environment for the Fall (hybrid, distance learning, or in-person).

Objectives:

- Teachers will explore the tenets of social-emotional learning (SEL) and develop personal practices to navigate uncertainty and challenge with resilience.
- Teachers will be able to implement trauma-informed educational practices to support all learners.

Format:

Flexible to your school teacher in-service schedule, approximately 3 ½ hours. Virtual options will be considered if necessary.

Investment:

Please inquire. Cost depends on length of program and number of participants. Consultant is an approved vendor with Columbus City Schools.

About the Consultant:

Monica Kowalski, Ph.D. is an Assistant Professor at the University of Notre Dame, where she teaches and supervises beginning teachers in the ACE Teaching Fellows Program. She holds a doctorate in Educational Policy and Leadership from The Ohio State University and a Master's and Bachelor's degree from the University of Notre Dame. She has worked as an elementary teacher, an admissions counselor, and consultant for schools across the country. She lives in Gahanna, OH with her husband and three children.

Monica Kowalski, Ph.D.
Educational Consultant

(614) 570-9282
monicajane28@gmail.com