

THE MINDSET MASTERY SEL INSTITUTE

Brain-based adult social, emotional, and cultural competence training that improves both student and adult achievement and well-being



Why this SEL Institute?

- ✓ Strategies aren't enough: We target beliefs and habits, the root of all thoughts and behaviors
- ✓ Improve teacher retention, resilience, and stress management
- ✓ Improve student achievement, behavior, and well-being
- ✓ Improve school culture and excitement
- ✓ Happier teachers = Successful students
- ✓ Better collaboration among adults

Why the Mindset Mastery SEL Institute?

The Mindset Mastery SEL Institute™ is a high-energy, hands-on 5-Day Professional Development where school staff members learn how to strengthen their personal SEL skills by optimizing their mindset, build a psychological safe community, implement Proactive SEL Discipline, and seamlessly integrate SEL learning into any subject area classroom and grade level! Participants learn how to develop powerful mindsets and habits that result in high levels of happiness, resilience, confidence, and achievement in all life areas.

Day 1 - Personal SEL and Mindset Mastery (8am - 5:00pm)

▪ Beliefs and Expectations and Their Impact on Student Achievement ▪ Roadblocks to Self-awareness ▪ What is SEL and Why Does it Matter? ▪ Cultural Awareness ▪ Implicit bias ▪ Mindset Self-assessment and Micro-goals ▪ Teacher Self-care and Resilience ▪ The Negative Thought Cycle ▪ Compassionate Curiosity ▪ The FRAP method ▪ The 10 Beliefs of Effective SEL Implementers ▪ The 5:1 Self-Reinforcement Method and much more!

Day 2 - Building Psychological Safety (8am - 5:00pm)

▪ The Neuroscience of Emotions and Psychological Safety ▪ Routines for creating a positive classroom environment (Trusting teacher-student relationships, Supportive Learning Environment, Cognitively Engaging Instruction) ▪ Trauma-based instruction ▪ Integrating restorative justice principles ▪ Fostering a Growth mindset.

Day 3 - Proactive SEL Discipline (8am - 5:00pm)

▪ The Self-Criticism Projection Triad ▪ The Discipline Paradigm Shift ▪ Student-Centered Discipline ▪ The SEL-Management Pyramid ▪ Wise Feedback ▪ Supporting Extremely Challenging Students ▪ Creating a Classroom that Manages Itself ▪ Creating Partnerships ▪ Self-control Routines and Systems

Day 4 - Teaching SEL Through Classroom Instruction (8am - 5:00pm)

Academic discourse ▪ Academic Teaming ▪ Self Monitoring ▪ Brain-Based Teaching ▪ Academic Press and Expectations ▪ Competence Building ▪ SEL-Think Alouds ▪ SEL Micro-Lessons ▪ SEL Thought Coaching ▪ Classroom Routines that Strengthen SEL

Day 5 - Practice Makes Progress and Taking Action (8am - 5:00pm)

▪ SEL Mind Mapping ▪ Role Play ▪ Scenarios ▪ SEL Demo Teaching ▪ Feedback Rounds ▪ Creating an SEL Instruction, SEL-Classroom Management, and Personal SEL development Implementation Plan ▪ Feedback Rounds ▪ Optimizing Personal SEL Development