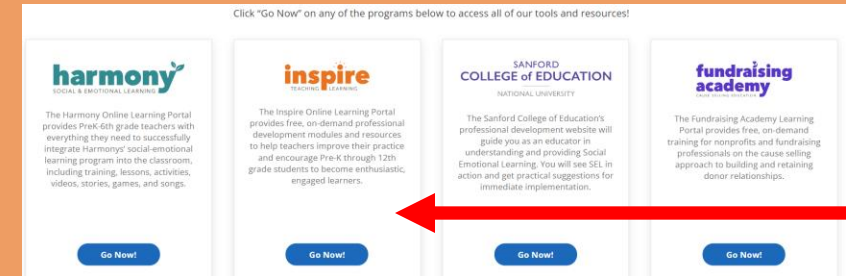


Register in 5 easy steps

1. <https://www.inspiresel.org/>

2. Click **Online Learning Portal**

3. Register now for free



4. Complete form and "Submit"

FIRST NAME Enter your first name here	POSTAL CODE Enter your postal code here
LAST NAME Enter your last name here	PRIMARY PROGRAM OF INTEREST Select a program
EMAIL ADDRESS Enter your email here	COUNTRY United States
USERNAME Enter your username here	ROLE Select a role
PASSWORD Set your password here	GRADE LEVEL Select grade(s)
CONFIRM PASSWORD Confirm your password	ORGANIZATION Enter your organization here
Submit	

5. Go now!

inspire
TEACHING LEARNING

The Inspire Online Learning Portal provides free, on-demand professional development modules and resources to help teachers improve their practice and encourage Pre-K through 12th grade students to become enthusiastic, engaged learners.

Go Now!

Welcome NAESP and NASSP!





Agenda

- Discuss the meaning of self-compassion and why it is important
- Learn how to access your strengths, and areas of growth
- Examine key strategies for emotion regulation as an educator

Casel Competencies



SELF-AWARENESS (SA)

The ability to recognize one's emotions, thoughts, feelings, and values and understand how they influence one's behavior. SA elements include:

- Labeling one's feelings
- Relating feelings / thoughts to behavior
- Identifying one's beliefs and values
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Maintaining an optimistic attitude

SELF-MANAGEMENT (SM)

The ability to successfully regulate one's own emotions, thoughts and behaviors in different situations - effectively managing stress, controlling impulses and motivating themselves. SM elements include:

- Managing stress
- Regulating one's emotions
- Self-control
- Self-motivation
- Setting and achieving goals

Buddy Up

Quick Connection Card- Breakout Room

CONVERSATIONS



What words would a friend use to describe you?

SELF-AWARENESS QUIZ- STRENGTHS

Instructions: Take the quiz then discuss how you will use your strengths in the following areas:

- Being an effective leader and people manager
- Strengthening communication with staff
- Increase excitement around learning

SELF-AWARENESS QUIZ- AREAS FOR GROWTH

Instructions: Take the quiz then discuss how you will use your strengths in the following areas:

- What are your improvement targets?
- Which of the targets are quick fixes?
- Which targets might need some professional development?

Strategies for Emotion Regulation

- **Self- Awareness**
- Relaxation
- Self- Care
- Mindfulness
- Cognitive reappraisal

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- **Cognitive reappraisal**

Self- Compassion and Emotion regulation... Huh. What is good for?

Discussion Questions:

1. What were your takeaways from this session?
- 2 Do you practice good self-care? What will you do more or less of in your daily practice?
- 3.Which of the strategies for emotion regulation appealed to you? Why?

Educator SEL Unit



Understanding the Brain to Get to the Heart of Social and Emotional Learning (SEL) About This Module

Select each icon for a module description:

Intrapersonal



Understanding the Brain to Get to the Heart of Social and Emotional Learning (SEL)*



Self-Compassion and Emotion Regulation for Educators*



Coping with Teacher Stress

Interpersonal



Teamwork and Collaboration for Educators*



Meaningful Relationships with Educators and School Leaders*



Maintaining Professional Relationships with Colleagues

Cognitive



Problem Solving for Educators*



Combating Cognitive Overload

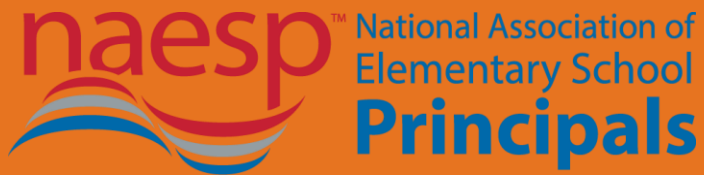


Engaging Emotions to Improve Memory Retention

THANK YOU

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