



## Trauma-Responsive, Social-Emotional and Resilience Building Teachable Asynchronous Self-Paced Learning Platform

- ***Learn at your own pace***
- ***Receive a Professional Development Certificate upon completion***
- ***Access Evidence-Based Strategies to support children of all ages***
- ***Spotlight Training: 1-2 Hours or Full Module: 3-8 Hours***
- ***Adult, Early Childhood Providers, PreK-12 Educators and Parents/Caregivers***
- ***Free downloadable handouts and PowerPoints provided for each module***

To learn more about Center for Optimal Brain Integration® visit our website at [www.optimalbrainintegration.com](http://www.optimalbrainintegration.com)  
To access our self-paced asynchronous learning platform, visit our menu of training opportunities at  
<https://cobi1.teachable.com/courses>



Adult Series



Parent/Caregiver Series



Early Childhood Series



PreK-12 Series



All Adults Interacting with Children (Teachers, Parents, Caregivers, etc.) Series

**\* Trainings currently available for viewing on Teachable \***

### Early Childhood Training Descriptions:



#### **5-Hour Module: Trauma-Responsive and Resilience Building for Infants and Toddlers Caregivers (Module 100)**

*(Available in Spanish)*

Trauma-Responsive and Resilience Building Practices for Infant and Toddler caregivers provides an overview on the neurobiology of trauma, the impact of toxic stress on a child and adult and introduces the science of resilience and neuroplasticity. Participants will walk away understanding the difference between a challenging behavior and trauma trigger. The training will guide infant and toddler providers to understand trauma as well as its impact on young children's brains, behavior, learning, and development. The training introduces a range of trauma-responsive and resilience building relational and environment strategies they can use in their environment that support our youngest children's health, healing, and resiliency.



#### **6-Hour Module: Trauma-Responsive and Resilience Building Practices for PreK-2 Educators (Module 100)**

Trauma-Responsive and Resilience Building Practices for Early Childhood Providers provides an overview on the neurobiology of trauma, the impact of toxic stress on a child and adult and introduces the science of resilience and neuroplasticity. Participants will walk away understanding the difference between a challenging behavior and trauma trigger. The training will guide early child educators and providers and early educators working with infants, toddlers, preschoolers, and early elementary aged children to understand trauma as well as its impact on young children's brains, behavior, learning, and development. The training introduces a range of trauma-responsive and resilience building teaching strategies they can use in their early childhood programs to create strength-based environments that support children's health, healing, and resilience. Approximately 5 hours of video and 3 hours of activities/breakout group discussion.

- The Neurobiology and the Impact of Trauma and the Difference Between a Challenging Behavior and a Trauma Reaction
- Neuroplasticity and Capacity to Build Resilience and Change the Brain, Body and Behavior

*Concrete practices that promote safety and healing engagement:*



## Trauma-Responsive, Social-Emotional and Resilience Building Teachable Asynchronous Self-Paced Learning Platform

- Attuned and Responsive, Nurturing Relationships
- Safe and Predictable Environments
- Body Awareness and Strengthening Sensory and Emotional Literacy
- Self-Regulation and Learning to Manage Big Emotions through Regulatory Strategies



### **5-Hour Module: Practicing the Trauma-Responsive and Resilience-Building Strategies Learned in the Core Module 100 (Module 200) (Available in Spanish)**

Module 200 builds on the Module 100 concepts by creating an opportunity to practically apply the trauma-responsive and resilience building practices. In this module, we take a deeper dive into the trauma responsive strategies by providing an opportunity for educators to practice using the strategies through interactive activities, engaging in reflective conversations sharing implementation practices. The following are the key practices from Module 100 that will be reviewed and practiced:

- *Attuned Responsive and Nurturing Relationships*
- *Safe and Predictable Environments*
- *Body Awareness and Strengthening Sensory and Emotional Literacy*
- *Self-Regulation and Learning to Manage Big Emotions*



### **4.5-Hour Module: Looking at Trauma-Responsive and Resilience Building Practices Through the Lens of an Individual Child and Developing Trauma-Responsive and Individualized Support Plans for Trauma-Impacted Children (Module 201)**

After attending Module 100 and 200 (prerequisite), participants dive deeper in exploring how to observe children using the trauma-responsive observation checklist. They learn to observe themselves and their unconscious reactions using the adult trigger checklist. Finally, they will gain the practical experience of writing trauma-responsive support plans that will help young children with histories of trauma build resilience and rewire their bodies to feel safe and secure in the classroom environment.



### **6.5-Hour Module: Trauma-Responsive Family Engagement Practices for Educators: Building Asset-Focused Partnerships to Improve Equity (Module 400)**

Designed for all professionals working with parents and families of children, this training offers comprehensive resources for building trauma-responsive family engagement in your school or program. We will learn:

- Evidence-based practices that promote trauma-response family engagement
- Exercises and tools for identifying the strengths and learning edges within your program, school or agency.
- Vignettes from people and programs striving to create trusting, asset-focused partnerships with families that improve equity and promote culturally responsive family engagement practices.
- Reflective inquiry questions and sample conversations to guide you in taking time to examine your own practices.

With concrete examples, easy-to-implement strategies, this critical training helps participants put theory into practice while providing essential support for individuals and groups both new to and experienced with trauma-responsive practices.



### **6-Hour OR 7-Hour Module: Social-Emotional Learning Series for Early Childhood Providers (E2) (Available in Spanish)**

This 5-part series is designed for early childhood providers working with young children. The following topics will be covered:

1. Nurturing and Responsive Relationships
2. Designing Predictable Environments
3. Promoting Sensory and Emotional Literacy
4. Managing Big Emotions and Promoting Self-Regulation
5. Teaching Problem-Solving Skills



## Trauma-Responsive, Social-Emotional and Resilience Building Teachable Asynchronous Self-Paced Learning Platform

Attendees can take this self-paced course individually and/or in teams. There are multiple opportunities and prompts to pause for extended interaction. Handouts and resources will be included and free to download and print. Extra time may be allotted to build in discussion and work on strategies for implementation.



### **4-Hour Module: Social-Emotional Training Series for Infant and Toddler Providers (E1)**

This self-paced training series is geared toward early childhood providers who work with infants and toddlers. Each segment will include opportunities to pause, take part in activities and/or read handouts and free resources provided for you throughout. The training can be completed at your own pace.

Goals:

- To understand the meaning behind your child's challenging behavior
- Learn about the neurobiology of the brain and behavior
- Learn about caregiving strategies that help optimal brain development
- To cultivate self-awareness and self-care to optimize your own energy to deal with the emotional challenges of everyday life
- To learn about the different parts of the brain and how/why they impact your behavior
- Explore 4 key strategies to promote your child's optimal development physically, emotionally, socially and to reduce challenging behavior

Agenda:

1. Nurturing and responsive relationships
2. Designing supportive environments that reduce challenging behavior
3. Promoting sensory and emotional literacy
4. Building resilience by teaching self-regulation and managing big emotions



### **1-Hour OR 2.5-Hour Spotlight: Trauma-Responsive Practices for Early Childhood Leaders: Creating and Sustaining Healing Engaged Organizations (B20)**

This 1-hour or 2.5-hour spotlight is specifically designed for administrators and leaders working in early childhood education and offers comprehensive resources for creating trauma-responsive organizations and systems. It is designed to take as an individual and/or with a team. Throughout this training, you'll find:

- Exercises and tools for identifying the strengths and areas in need of change within your program, school, or agency.

Healing oriented programs move past being trauma-informed and focus on becoming healing environments. What are the characteristics of a healing environment? A healing environment is a space where adults work collaboratively together, and honesty and authenticity are valued; this means that people can be honest and share narratives about their lived experiences and identities and know that they will not be shamed or punished for doing so.



### **2-Hour Spotlight: Trauma-Responsive Family Engagement in Early Childhood: Practices for Equity and Resilience (A25)**

Designed for all professionals working with parents and families of young children, this training offers comprehensive resources for building trauma-responsive family engagement in your school or program.

- Evidence-based practices that promote trauma-response family engagement
- Exercises and tools for identifying the strengths and learning edges within your program, school or agency.
- Vignettes from people and programs striving to create trusting, asset-focused partnerships with families that improve equity and promote culturally responsive family engagement practices.
- Reflective inquiry questions and sample conversations to guide you in taking time to examine your own practices.



### **2-Hour Spotlight: Top Tips to Support Children in Times of Uncertainty and Stress (A62)**

Learn in this 2-hour video webinar concrete strategies to support young children when faced with BIG and SMALL life events such as returning from summer break, coming back to school from extended absences, divorce, loss, stressful or traumatic events (fires, pandemic, loss, transitions, tornadoes, flooding) or starting school for the first time. You also have



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a bonus video on our Health and Wellness Toolkit for 40 minutes to support adult's reflecting on cultivating their own self-awareness and self-care to prevent burnout and to promote the restorative energy to grow humans!

- Learn to describe what a big life change/big life transitions for young children are
- Explain the impact of big life changes/transitions for young children
- List the Top T.I.P.S (Trauma Informed Practices Strategies) to support young children with big life transition

Bonus: Health and Wellness Toolkit discussing self-care strategies to prevent burnout



### **2-Hour Spotlight: Trauma-Responsive Supervision and Leadership (Early Childhood) (B16)**

This spotlight is an overview for early childhood leaders and supervisors that seek to learn and understand trauma-responsive strategies for supervision. Learn the foundations of relationship-based leadership as well as what it means to use a trauma-responsive lens in leadership and supervision of staff.

- Learn the foundations of relationship-based leadership as well as what it means to use a trauma-responsive lens in leadership and supervision of staff
- Apply the neurobiology of stress to understand and respond effectively to a range of adults' communication styles and behaviors
- Apply your understanding of the characteristics of trauma-responsive leadership through discussion of a vignette



### **1.5-Hour Spotlight: Trauma-Informed Practices and Resilience Building: A 90-Minute Onboarding Series for New Early Childhood Providers (Three 30-Minute Segments) (A70)**

This series is designed to onboard new early childhood providers at all levels of the organization. Each 30-minute segment covers a different topic on trauma-responsive and resilience building all to create a common and foundational language upon hire. Welcome your new employees by sharing key trauma-informed practices and resilience building strategies.

- **Part 1:** An Overview of the Neurobiology of Trauma and the Science of Resilience and Healing
- **Part 2:** Learn Concrete and Practical Trauma-Responsive Strategies Early Childhood Educators Can Implement Immediately in the Classroom to Build Resilience
- **Part 3:** An Introduction to Cultivating Self-Awareness and Self-Care Practices to Reduce Burnout for Early Childhood Educators



### **1-Hour Spotlight: Promoting Sensory Literacy and Body Awareness for Young Children (A69)**

This spotlight module is geared for early childhood providers, educators, parents and practitioners. Learning to promote sensory literacy and body awareness is most important for children impacted by trauma. It is also so important for all children to learn this social-emotional skill to help them practice listening to their body and responding with care and kindness to themselves and others.



### **1-Hour Spotlight: Strengthening Emotional Literacy and Self-Regulation for Young Children (A53)**

Participants learn strategies to help children to strengthen emotional literacy and self-regulation so that they can better manage their big emotions. Learn to teach children three key components to promoting emotional literacy:

- Teach Feeling Words
- Recognizing Size of Feelings
- Regulating Big Emotions



### **1-Hour Spotlight: Growing Human(E) Beings! A Job of Superheroes! (A26) *(Available in Spanish)***

The 4 steps to raise and grow human beings that become humane! A spotlight series for early childhood educators. This is a 1-hour spotlight on the key ingredients to incorporate into the home environment and the classroom curriculum so that children are able to have the foundational social-emotional and resilience skills that will last a lifetime.



### **1-Hour Spotlight: The Intersection of Trauma and Intellectual Disabilities and Developmental Delays (A71)**

A spotlight training for approximately 1-hour. You will receive an automatic professional development certificate following the training. Goals:

- Define **Trauma and IDD**



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- Understand **the intersection of Trauma and IDD**
- Key Areas of Support



### **1-Hour Spotlight: Trauma-Responsive and Resilience Building Practices for Early Childhood Educators (A72)**

We provide an overview on the neurobiology of trauma, the impact of toxic stress on a child and adult and introduces the science of resilience. The 1-hour spotlight training will guide early child educators understand trauma as well as its impact on young children's brains, behavior, learning, and development. The training introduces a range of trauma-responsive and resilience building practices they can use in their early childhood programs to create strength-based environments that support children's health, healing, and resilience.



### **1-Hour Spotlight: Trauma-Responsive Family Engagement (Early Childhood Educators) (A25)**

This is a one-hour spotlight training for early childhood educators on Trauma-Responsive and Resilience Building Family Engagement. Participants will learn to:

- Describe the difference between family involvement and family engagement
- Introduce trauma-responsive resilience building foundational principles of family engagement
- Introduce some concrete practical strategies to support trauma-responsive family engagement that buffer stress and build resilience



### **1-Hour Spotlight: Trauma-Responsive Family Engagement Strategies that Promote Resilience (Early Childhood Educators) (A25)**

This 1-Hour Spotlight Training offers an overview for early childhood providers of strategies in working with parents and families that are trauma-responsive and healing engaged.

- We will start by introducing the concept of burnout and the impacts burnout and compassion fatigue can have on us physically, emotionally, cognitively and spiritually
- We will introduce you to the Zones of Self-Awareness which is a tool to help you tune in and detect when your stress response system has been activated and to notice your body's individual reactions to stress.
- We then describe some concrete practical strategies that you can use to build and strengthen your self-regulation (calming your stress response system) and strategies you can use for grounding in times of stress.



### **1-Hour Spotlight: Top Tips to Support Children in Times of Uncertainty and Stress (A62) *(Available in Spanish)***

Learn in this 1-hour spotlight training concrete strategies to support young children when faced with BIG and SMALL life events such as returning from summer break, coming back to school from extended absences, divorce, loss, stressful or traumatic events (fires, pandemic, loss, transitions, tornadoes, flooding) or starting school for the first time.

Training Outcomes:

1. Learn to describe what a big life change/big life transitions for young children is
2. Explain the impact of big life changes/transitions for young children
3. List the Top T.I.P.S (Trauma Informed Practices Strategies) to support young children with big life transition



### **1-Hour Spotlight: Micro-Professional Development: Leaders Building a Trauma-Responsive and Relationship-Based Organization (B21)**

This spotlight includes four 15-minute micro professional development sessions on a self-paced asynchronous learning platform. Each session comes with a video, handouts, and reflective prompts.

1. Leading from a Strength-Based Approach: What it Looks Like and Why It's So Important
2. Brain-Based Strategies Every Leader Can Use to Reduce Stress in the Workplace (TR Foundations of State Dependent Functioning)
3. What Does it Mean to be a Trauma-Informed Leader?
4. Building a Relationship-Based Organization



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### **1-Hour Spotlight OR 6-Hour Module: Supporting Young Children to Cope, Build Resilience and Heal from Trauma through Play (A73)**

*Both Trainings:*

- For children who experience trauma, play is a powerful tool that provides them with a context to transform the experiences that are overwhelming, frightening, and unimaginable into manageable and predictable events that they have control over. In this training, we go deeper in understanding the intersection of trauma and play and how to support children to have a voice and pathways to heal.

*1-Hour Spotlight:*

After this course, participants will be able to:

1. Describe the four parts of the brain and how each part is impacted by trauma and stress and how play supports healing
2. Identify 1-2 trauma-responsive strategies to support a child during expressions of trauma during their play
3. Name 1-2 trauma-responsive attunement strategies to help trauma-impacted children during play

*6-Hour Module:*

- Many children express their thoughts and feelings more fully and directly through play than they are able to do verbally because young children's emotions are often inaccessible to them at a verbal level. For children who experience trauma, play is a powerful tool that provides them with a context to transform the experiences that are overwhelming, frightening, and unimaginable into manageable and predictable events that they have control over. Specifically for early childhood providers, this training will help them learn what to do when they observe trauma being expressed in a classroom through a child's play.



### **Emotional Emergency Drills: Proactively Teaching Students What to Do in an Emotional Emergency to Stay Safe and Re-Regulate (Being Your Own Emergency First Responder in Times of Stress) (A80)**

In schools we do earthquake, fire or active shooter drills. We practice proactively to wire the brain's neurosynaptic connectors to have a memory of what to do in a life threatening emergency. That way when the real emergency was to arrive, our brain mobilizes to the practiced behavior rather than default to a reaction that can threaten our survival. But what if we add to our life toolkit by proactively teaching and practicing with students and adults what to do in an emotional emergency! Let's make a global commitment to add this to our practice drills! In this keynote we will learn about the neurobiology of the brain and concrete strategies to build self-awareness and grounding practices in emotional emergencies. We will introduce the Zones of Self-Awareness and the S.T.O.P. Tools to build our self-awareness, self-regulation and healthier social-emotional responses in times of stress.

### **Parent/Caregiver Training Descriptions:**



#### **9-Hour Module: Positive Parenting Strategies: Raising Human(E) Beings (D5)**

- Nurturing and Responsive Relationships 1 hr 20-minute video/40-minute activity or discussion = **2 hours**
- Designing Supportive Environments that Reduce Challenging Behavior – 1 hour video/30-minute activity or discussion = **1.5 hours**
- Promoting Body Awareness, Sensory and Emotional Literacy 1 hour video/30-minute activity or discussion = **1.5 hours**
- Building Resilience by Teaching Self-Regulation and Managing Big Emotions 35-minute video/25-minute activity or discussion – **1 hour**
- Teaching Problem Solving Skills – 55-minute video/20-minute activity or discussion – **1 hour 15 minutes**
- Optional Bonus Section: Adult Self-Care and Self-Awareness – 1 hour 30-minute video/30-minute activity – **2 hours**



#### **5-Hour Module: Positive Parenting Series: Growing Human(E) Beings! (D5)**

Learn parenting strategies that intentionally promote and teach the following 4 steps:

- Identifying sensations and emotions



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- Identifying size of sensations and emotions
- Expanding a toolkit of self-regulation strategies
- Developing Problem-Solving Skills

### Topics Covered:

1. Adult Self-Awareness and Self-Care Part 1
2. Adult Self-Awareness, Self-Care and Resilience Part 2
3. Positive Parenting Strategies: Nurturing and Responsive Relationships
4. Positive Parenting Strategies: Predictable and Safe Environments
5. Positive Parenting Strategies: Sensory and Emotional Literacy
6. Positive Parenting Strategies: Managing Big Emotions and Self-Regulation Strategies



### **5-Hour Module: Positive Parenting Training Series: Using the Knowledge of the Brain to Parent (Ages 3-8) (Category D)**

This 10-part parenting series is geared toward caregivers, parents, foster care providers, grandparents all who work with children ages 3-8 years old. Each segment is approximately 30 minutes and will include opportunities to pause, take part in activities and/or read handouts and free resources provided for you throughout. The goals of the training include:

- To understand the meaning behind your child's challenging behavior
- Learn about positive and proactive parenting strategies
- To cultivate self-awareness and self-care to optimize your own energy to deal with the emotional challenges of raising a child/ren and everyday life
- To learn about the different parts of the brain and how/why they impact your behavior and your child's behavior
- Learn to raise human(e) beings socially, emotionally and physically



### **3-Hour Module: Social-Emotional Training Series for Families of Children Ages 3-8 (D6) *(Available in Spanish)***

In this two-part series, parents and caregivers will learn key strategies to support their children to develop strong social, emotional and resilience skills. These skills are foundational for the future of learning academics, building healthy relationships and handling complex problems, stressful situations and uncertainty. Additionally, you will find evidence-based strategies to support your child's challenging behavior.



### **4-Hour Module: Social-Emotional Training Series for Infant and Toddler Parents/Caregivers (E1)**

This self-paced training series is geared toward caregivers, parents, foster care providers, grandparents all who work with infants and toddlers. Each segment will include opportunities to pause, take part in activities and/or read handouts and free resources provided for you throughout. The training can be completed at your own pace.

### Goals:

- To understand the meaning behind your child's challenging behavior
- Learn about the neurobiology of the brain and behavior
- Learn about caregiving strategies that help optimal brain development
- To cultivate self-awareness and self-care to optimize your own energy to deal with the emotional challenges of everyday life
- To learn about the different parts of the brain and how/why they impact your behavior
- Explore 4 key strategies to promote your child's optimal development physically, emotionally, socially and to reduce challenging behavior

### Agenda:

5. Nurturing and responsive relationships
6. Designing supportive environments that reduce challenging behavior
7. Promoting sensory and emotional literacy
8. Building resilience by teaching self-regulation and managing big emotions

### PreK-12 Training Descriptions:



## Trauma-Responsive, Social-Emotional and Resilience Building Teachable Asynchronous Self-Paced Learning Platform



### **5-Hour Module: Trauma-Responsive and Resilience Building Practices for Elementary OR Middle and High School Educators (Module 100)**

Trauma-Responsive and Resilience Building Practices for Educators provides an overview on the neurobiology of trauma, the impact of toxic stress on a child and adult and introduces the science of resilience and neuroplasticity. Participants will walk away understanding the difference between a challenging behavior and trauma trigger. The training will guide educators to understand trauma as well as its impact on young children's brains, behavior, learning, and development. The training introduces a range of trauma-responsive and resilience building teaching strategies they can use in their classroom to create strength-based environments that support children's health, healing, and resiliency.



### **1-Hour Spotlight: Trauma-Responsive Family Engagement Strategies that Promote Resilience (A25)**

- We will start by introducing the concept of burnout and the impacts burnout and compassion fatigue can have on us physically, emotionally, cognitively and spiritually.
- We will introduce you to the Zones of Self-Awareness which is a tool to help you tune in and detect when your stress response system has been activated and to notice your body's individual reactions to stress.
- We then describe some concrete practical strategies that you can use to build and strengthen your self-regulation (calming your stress response system) and strategies you can use for grounding in times of stress.

### **Adult Training Descriptions:**



### **5-Hour Module: Strengthening Self Awareness and Self-Care to Reduce Burnout in Times of Stress (Module 300)**

Participants will be introduced to the concept of burnout and learn about the Zones of Self-Awareness to detect when their stress response systems have been activated. Several strategies will be explored for strengthening or building self-regulation and grounding in times of stress. This training takes participants on a journey to the center of themselves (sometimes we call it getting a Ph.D. in you!). Several self-care strategies and tools will be introduced:

1. The Neurobiology of Stress on the Body, Brain and Behavior
2. Burnout and Compassion Fatigue
3. Zones of Self-Awareness and Cultivating Grounders in Times of Stress
4. Health and Wellness Toolkit
5. STOP Tool
6. HOPE Tool
7. Breathing and Mindfulness Strategies
8. Temperament as a Source of Resilience

Taking a journey to learn about the inner workings of YOU so that you can better manage your stress, prevent burnout and to promote optimal health and well-being socially, mentally, spiritually and physically.



### **2-Hour Spotlight: Culturally Responsive Self-Care (Live and Recorded Panel of Trainers) (C5)**

*YOU CAN'T POUR FROM AN EMPTY CUP. TAKE CARE OF YOURSELF FIRST. —UNKNOWN*

A 2-Hour Live Recorded Webinar!

- Surfacing Sources of Stress and Trauma Educators Experience and their Consequences
- Learn about factors that support resilience
- The Problematic Nature of Current Discussions of Self-Care
- Introduce culturally diverse beliefs about the 'self'. Explore how culture influences perceptions of stress, trauma, and healing
- Review a wide range of self-care activities and practices
- Begin to identify self-care activities that are meaningful and culturally responsive for you



### **1.5-Hour Spotlight: Trauma Responsive Supervision and Leadership (B16)**

- Learn the foundations of relationship-based leadership as well as what it means to use a trauma-responsive lens in leadership and supervision of staff.





## Trauma-Responsive, Social-Emotional and Resilience Building Teachable Asynchronous Self-Paced Learning Platform

- Apply the neurobiology of stress to understand and respond effectively to a range of adults' communication styles and behaviors.
- Apply your understanding of the characteristics of trauma-responsive leadership through discussion of a vignette.
- Learn key reflective supervision strategies that promote regulation and promote self-reflection.



### 1-Hour Spotlight: Cultivating the “Me and the We” on the Journey of Healing and Building Resilience (A18)

This 1-hour spotlight training is for adults to take a gentle “pause” in their life and tune in to their individual and collective sources of strength and resilience that protect and provide healing. Many tools will be explored as we pull off the highway of life temporarily and find the present moment together. In that moment, we have the power to remember from a lifetime of living and deep within our DNA tools for cultivating awareness, buffering stress, and preventing burnout.



### 3-Hour Spotlight: Trauma-Responsive Foundational Principles for Leaders and Organizations (B23)

This 3-hour spotlight training introduces participants to three key principles for trauma responsive leadership:

- **Principle #1 Understanding Stress and Trauma**
  - *Many children and adults experience trauma. Understanding the prevalence of trauma and adversity and their impacts on learning, development and human functioning is important and allows educators to create more inclusive and responsive learning environments for children and adults.*
- **Principle #2: Building Trusting and Respectful Relationships**
  - *When children and adults have relational support, they develop important coping skills and resilience.*
- **Principle #3: Establish Safety and Predictability**
  - *Trauma impacts individuals' perceptions of safety.*



### 1-Hour Spotlight: Health and Wellness Toolkit (C6)

This Health and Wellness Toolkit is featured from our second book: Nicholson, Shimpi Driscoll, Kurtz, Márquez and Wesley (2020) *Culturally Responsive Self-Care for Early Childhood Educators*. It guides you to explore and practice implementing key self-care strategies. We introduce 10 tools for you to examine your areas of strength as well as learning edges and concrete next steps to strengthen your own health and wellbeing socially, emotionally, mentally, physically and spiritually.



### 1.5-Hour Spotlight: Breathing for Life: Learning Breathing Techniques for Adult Well-Being (C2)

There are 10 pounds of muscles surrounding your lungs that help you inhale and exhale at least 17,000 times a day. The muscles all work like a symphony to bring oxygen into your body and to expel carbon dioxide. This process keeps you alive, impacts your digestion, blood pressure, mood, cognition and immunity. How you breath makes a difference in overall health and wellbeing. This is a 1 hour and 15-minute module recording which will help you learn how to use your breath for optimal health and wellbeing. In addition to the handouts and activities, you will receive 1.5 hours (one hour and a half) professional development certificate automatically at the end of completing this training.

**Learn breathing techniques for adult well-being and change your molecules one breath at a time.**

**Goals:**

1. Learning the biomechanics of breathing
2. Using the breath to regulate
3. Identify different breathing practices
4. Alternative practices to breathing



### Building Respectful and Trusting Relationships: Choosing Kindness as an Act of Resistance (C14)

The number one pathway to reduce stress in the workplace and in life is to nurture and build trusting relationships. This spotlight is geared toward adults, teachers and leaders who wish to build on the concepts of creating cultures of kindness, respect and connectedness.

**All Adults Interacting with Children (Teachers, Parents, Caregivers, etc.) Training Descriptions:**



## Trauma-Responsive, Social-Emotional and Resilience Building Teachable Asynchronous Self-Paced Learning Platform



### 1-Hour Spotlight: Understanding the Brain and Behavior and the Adverse Impact of Technology and Social Media on Youth (A79)

These three spotlight presentations are geared primarily to the adults supporting youth. All the videos may be shown to youth at the adult's discretion. We recommend you start with Video #1 Understanding the Brain. Videos #2 and #3 are focused on particular age groups.

- Video #1 Understanding the Brain and Behavior
- Video #2 Understanding the Adverse Impacts of Technology and Social Media on Youth (Ages 0-11)
- Video #2 Understanding My Brain, Behavior and the Adverse Impacts of Technology and Social Media on Youth (Ages 12-18)

#### \*\*\*ADDENDUM TO THE TEACHABLE OFFERINGS \*\*\*

To view a comprehensive list of training offerings, view our website at: <https://www.optimalbrainintegration.com/bring-a-training-to-your-community>. Interested in having any of these trainings available on our asynchronous learning platform?

Please contact us with questions at: [optimalbrainintegration@gmail.com](mailto:optimalbrainintegration@gmail.com)

To access our self-paced asynchronous learning platform, visit our menu of trauma-responsive and resilience building training opportunities at <https://cobi1.teachable.com/courses>. The Center for Optimal Brain Integration® trains, coaches and consults internationally on social-emotional and trauma-responsive practices that build resilience so that both children and adults reach their optimal health socially, emotionally, physically and spiritually.

*"Giving Every Child and Adult a Voice"*

*"Growing Human(E) Beings"*