

Everybody Matters™

July 23, 2020

1GPA Contract # 19-04PV

As requested in your email dated 7/14/2020 and stating, *“In order to better assist our Members in sourcing the products and services needed to address the COVID-19 crisis, we are asking for your help. Please provide us with the resources your company has available to our Members to help combat the spread of the virus, support learning, operate virtually, etc.”* Here is our response:

To complement our in-person training, we have developed a series of webinars designed to support teachers, staff and school administrators dealing with the uncertainty surrounding the COVID-19 pandemic. We currently are providing these webinars in formats ranging from 30 minutes to two hours. These are being priced as either \$25/participant for open sessions, or available at the group price of \$400 for up to 30 participants. If scheduled at the group rate, schools/districts will have exclusive access to the delivery of the session. Topics include:

Stress Less	Practical strategies for turning off your body's stress response.
Moving from Mind Fullness to Mindfulness	The basics of mindfulness, one of the most effective tools for stress management.
Professional Sustainability	Don't count the days to retirement, savor them. Learn to love your work as an educator.
Trauma-Sensitive Classrooms	A quick review of how childhood trauma changes classroom behavior
Trauma-Sensitive Instruction	Children from trauma need more than just de-escalation, they need learning experiences that challenge them without re-escalating them.
How to Welcome Students Back from a Five-Month Long Spring Break	Last March you told your students to have a nice spring break and you waved goodbye, expecting to see them in a week. That was several months ago. Let's talk about how we can deal with this lack of closure and loss of connection.