

Adult SEL Offerings

2 Flexible Options



Professional Learning to Reconnect to Your Why

Join Wayfinder's expert facilitators for PL that will enable and encourage educators to build community, reconnect with their purpose, and improve morale and well-being. You and your staff will leave each session with ideas and practices to immediately apply to your work.

We know that when educators reconnect to their *Why*, they are able to manage stress more effectively, experience greater holistic well-being, and grow their ability to support staff morale.



An Inside-Out Approach

Wayfinder professional learning combines the absolute best research on purpose development with practical action steps developed by education practitioners. It will support your school to transform from the inside out.

All sessions are led by expert facilitators and can be delivered over 60 or 90 minutes, depending on the needs and preferences of your staff. We will work with you to choose the best dates and times of each session.

LEARNING OUTCOMES

Educators will come away from these series able to...

1

Understand key factors that support purpose and well-being

2

Apply tools to increase a sense of lived purpose and manage stress more effectively

3

Analyze and reflect on core components of meaning + purpose in one's career

Learn more at wfndr.co/adult-sel

Two Flexible Adult SEL Options



- ✓ **4 or 10 flexible, expert-led sessions**
Sessions are available in-person, virtually, or in a hybrid format
- ✓ **Take-home resources for every participant**
Printed workbooks for 10-session participants + digital resources for 4-session participants offer powerful tools for anytime use
- ✓ **Certificates with PD hours** available upon request
- ✓ **Access to our asynchronous professional development content**
Additional resources extend your professional development throughout the year
- ✓ **Continuing Education Credits** available through the University of San Diego to all participating 10-session educators at an additional cost

Scope + Sequence 4-Session Option

1. INTRODUCTION TO PURPOSE

- Connect with fellow educators
- Engage with cutting-edge research
- Identify challenges + goals
- Explore activities that promote well-being
- **Activity: Grounding in Joy**

2. SELF-COMPASSION

- Discuss and define self-compassion
- Understand the correlation between self-compassion + well-being
- Design a daily practice
- **Activity: Toast to Myself**

3. THE STORIES WE TELL

- Understand cognitive distortions
- Learn the psychology + power of storytelling
- Develop tools to support personal + communal well-being
- **Activity: Perceiving Distortions**

4. RE-CONNECTING TO PURPOSE

- Reconnect to purpose in your work
- Analyze the components of purpose
- Connect human-centered design to purposeful action
- Examine the relationship between purpose + leadership
- **Activity: Purpose Compass**

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Scope + Sequence

10-Session Option



Exploring Self

1. Introduction to Purpose

- + Connecting with fellow educators
- + Explore cutting edge research
- + Identifying challenges and goals
- + Activities that promote wellbeing
- + **Activity: Grounding in Joy**

2. Self-Compassion

- + Discussion + definition
- + Understanding the correlation between self-compassion + well-being
- + Design a daily practice
- + **Activity: Toast to Myself**

3. Values and Your Path in Education

- + What are the values that animate your life?
- + How do those values connect to your decision to become an educator?
- + How do your values inform the way you lead?
- + **Activity: Unearthing Values**

4. Exploring Strengths

- + What brings you joy?
- + How do you leverage joy?
- + Strengths during disruption
- + Leveraging the Activity Library
- + **Activity: Capturing Strengths + Strengths as Resources**

Looking Beyond Self

5. Going Beyond the Self

- + What are the needs in your community?
- + How are you uniquely situated to make an impact?
- + When is your work most impactful?
- + **Activity: Looking for Sparks**

6. Re-Connecting to Purpose

- + Reconnect to purpose in our work
- + What are the ingredients for purpose?
- + How can human centered design help us take purposeful action?
- + Why is connecting to purpose so important for leaders specifically?
- + **Activity: Purpose Compass**

7. The Stories We Tell

- + Cognitive distortions
- + Psychology + the power of storytelling
- + How to support our wellbeing and our teams?
- + **Activity: Perceiving Distortions**

Scope + Sequence

10-Session Option



Taking Purposeful Action

8. Design for Belonging

- + Research behind and importance of belonging + purpose.
- + Explore activities and strategies to improve the state of belonging in your school community
- + **Activity: Belonging Maps**

9. Utilizing Empathy to Expand Compassion

- + Draw the through-line from empathy to compassion
- + Leverage empathy and compassion to support school culture
- + **Activity: Circles of Compassion**

10. Creating Tools for the Future

- + Your journey beyond this class
- + Strategies for dealing with adversity
- + Purpose and building resilience
- + **Activity: Committing to Purpose**

MEET A FEW OF OUR MASTER FACILITATORS

Our facilitators hold a wealth of experience in education, mental health, leadership, and purpose development.



BRANDY ARNOLD
Chief Customer Officer



QUINAE JACKSON
Head of Training + Learning



TAMMIE DAVIS
Wayfinder Guide



MARK WILLIAMS
Curriculum + Training Designer



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Learn more at wfndr.co/adult-sel