

AMPLIFY YOUR IMPACT: LANGUAGE GOALS FOR EMOTIONAL LITERACY AND INCLUSIVE RESTORATIVE PRACTICES

Description

The current mental health crisis facing humanity begs our profession to integrate well-being into our treatment plans, education paradigms and workplace practices. While Social Emotional Learning (SEL) and Restorative Practices (RP) are on the rise, the prerequisite communication skills are often not explicitly taught to leaders or learners. Drawing on the science of mindfulness, emotional intelligence, and restorative practices, this session invites learners to hone prosocial communication strategies that are at the heart of healthy relationships. Using multisensory tools, we will engage in dyads to practice affective statements, mindful listening, empathic listening and looping. The communication skills we practice can be used as IEPs goals and as a complement to the continuum of SEL and RP already in place.

Outcomes

Create affective statements using a multisensory communication tool to grow emotional literacy, self-awareness and empathy.

Identify how to incorporate accessible affective statements into IEP goals or existing social emotional learning and restorative practices.

Role-play with mindful listening, empathic listening and looping as positive communication strategies to increase interpersonal efficacy and plan how to use, model and/or explicitly teach these practices to clients and colleagues.

60 or 90 Minutes
Live or Zoom

Learning
Tree
Literacy

