



SEL EVERY DAY FOR THE LEADER COURSE CURRICULUM & FAQs

SEL Every Day for the Leader is a self-paced online course that prepares you to begin leading an equity-informed **SEL** initiative in your context that integrates mindfulness and shifts classroom and school-wide practices. You will deepen your expertise and boost your confidence as an **SEL** professional developer, coach, consultant, or leader of **SEL** in your school, district or organization

MODULE 1

COURSE INTRO & SETTING YOU UP FOR SUCCESS:

This module will show you how this course is designed for you to really understand every concept, practice, and term. You will learn the structure to follow to internalize what's taught, tips to ensure you successfully complete the course, and the mindset needed to train your brain for growth.

Introducing the SEL Every Day Course Framework & Structure

In this lesson you will learn:

- The framework used throughout the course to ensure you really understand every concept, practice, and term.
- The structure to follow to internalize what's taught so you can apply it to your teaching practice and your life.
- Three tricks to ensure you will successfully complete the course.
- The mindset needed to train your brain and heart for growth through this course.

MODULE 2

GETTING CLEAR ON YOUR ROLE, ASPIRATIONS & GOALS MODULE:

This module will enable you to step into your role as an SEL Leader. It clarifies what it means to consult, coach, and collaborate while offering several tools, resources, templates, and protocols to help you get started with leading an SEL initiative. You'll learn about the practice of humble inquiry, implementation science, and engage with the key leadership foundations.

Lesson 1: What does it mean to be a Leader of Mindfulness and SEL in Service of Belonging?

In this lesson you will:

- Explore your identity as a leader
- Engage with key Leadership Foundations that support Mindfulness and SEL in Service of Belonging
- Commit to practicing one Leadership Foundation

Lesson 2: Defining Consulting, Coaching & Collaborating

In this lesson you will:

- Gain clarity on the different roles you may play as an SEL Leader: Coach, Consultant, Collaborator
- Learn key practices of SEL Coaching, Consulting and Collaborating
- Be introduced to the Partnership Alliance Protocol and review sample agendas and MOUs for working with schools/districts/organizations

Lesson 3: Moving at the Speed of Trust

In this lesson you will:

- Learn about the practice of Humble Inquiry

- Understand basics of implementation science
- Identify next steps and define your goals for how you will utilize what you learn in this course.

MODULE 3

MINDFULNESS MODULE:

In this module you will learn what Mindfulness REALLY IS and be introduced to the term *Interbeing*. You will understand the difference between Mindfulness and Meditation, gain clarity around what Mindful Awareness Practices (MAPs) are, and learn the distinction among Deconstructive, Attentional and Constructive practices. You will also engage with the Tree of Contemplative Practices. Additionally, this module highlights the latest Mindfulness in Education research and best practices for implementing Mindfulness in your context. Most importantly, this module offers detailed instruction on how to begin, sustain, and deepen your personal mindfulness practice through formal and informal practices and supports reflection on what it means to be a leader of Mindfulness and a Mindful Leader.

Lesson 1: What is Mindfulness?

In this lesson you will:

- Learn what Mindfulness REALLY IS and be introduced to the term Interbeing
- Understand the difference between Mindfulness and Meditation
- Gain clarity around what Mindful Awareness Practices (MAPs) are and learn the distinction among Deconstructive, Attentional and Constructive practices
- Be introduced to the Tree of Contemplative Practices
- Reflect on what it means to be a leader of Mindfulness and a Mindful Leader

Lesson 2: Why Practice Mindfulness?

In this lesson you will learn:

- 10 reasons we all should practice Mindfulness and the benefits
- Why Mindfulness is especially important for the field of education
- What the research says (including the latest research articles)
- How leaders best utilize research

Lesson 3: How Do You Practice Mindfulness? Part 1: Your Personal Practice (Formal)

In this lesson you will:

- Learn how to begin, sustain, and deepen your personal mindfulness practice.
- Explore what embodiment really means
- Be introduced to “Watering Seeds,” the Consciousness Scale and the Maharishi Effect
- Understand the What, Why and How for 10 formal ways of practicing mindfulness.

Lesson 4: How Do You Practice Mindfulness? Part 2: Your Personal Practice (Informal)

- Learn the What, Why and How for 10 informal practices.
- Decide which types of informal practices serve you best given your current context.
- Make a commitment to daily informal practices, create a schedule, and ask for support.
- Reflect on the importance of integrating both formal and informal practices to cultivate embodiment.

Lesson 5: How Do You Teach Mindfulness?

In this lesson you will:

- Be introduced to guidelines and best practices for sharing mindfulness with young people and receive an introduction to offering mindfulness through a trauma sensitive lens.
- Make connections between your practice and sharing mindfulness with others.
- Learn how to create a mindfulness practice group
- Identify next steps for how will lead mindfulness in your educational context.

MODULE 4

SOCIAL AND EMOTIONAL LEARNING MODULE:

In this module you will receive a comprehensive definition of Social and Emotional Learning, learn about connections between SEL and Mindfulness and Equity, be introduced to key SEL frameworks and resources and get clear on the three main areas of SEL skills. This module also includes the latest research and resources on why SEL needs to be taught and learned, and provides a roadmap for leading SEL implementation and building Adult SEL capacity.

Lesson 1: What is SEL?

In this lesson you will:

- Receive a comprehensive definition of Social and Emotional Learning
- Learn about connections between SEL and Mindfulness and Equity
- Be introduced to key SEL frameworks and resources
- Get clear on the three main areas of SEL skills
- Reflect on how your Adult SEL practice informs your leadership

Lesson 2: Why Prioritize SEL?

In this lesson you will:

- Why SEL needs to be taught and learned
- What the most recent SEL research says
- Benefits of implementing SEL
- Reflect on your public narrative and how you craft YOUR CASE for SEL is

Lesson 3: How do you implement SEL? The Blueprint & Foundation of Building Your SEL House

In this lesson you will:

- Be introduced to a roadmap for implementing SEL in your context
- Explore how you can support teachers to integrate SEL with instruction

Lesson 4: Building Your SEL House: Construct the Framing & Wiring of SEL Classrooms & Schools

In this lesson you will:

- Learn how to engage teachers with key instructional practices that promote SEL
- Communicate the connections between SEL & Common Core and other key approaches like PBL and personalized learning.

Lesson 5: Building Your SEL House: Install Drywall & Furnishings for Enacting SEL in Schools

In this lesson you will:

- Explore how to support SEL in Lesson Planning
- Learn how to utilize SEL Lesson Planning Tools and Resources

Lesson 6: Building Your SEL House: Maintaining & Renovating for Continuous Improvement

In this lesson you will:

- Learn how to lead educators in Reflective Practice
- Explore the question: How do I know if this is making a difference?

MODULE 5

ADULT LEARNING MODULE:

This module will equip you with the necessary understanding for leading Mindfulness and SEL in Service of Belonging. You will engage with the 12 Principles of Adult Learning, key elements of skilled facilitation, best practices for Professional Learning that models SEL, brain-based learning strategies to engage adults, and core guidelines for crafting meetings for collaboration. There will also be particular focus on best practices for virtual learning engagements and meetings.

Lesson 1: What is Adult Learning?

In this lesson you will learn:

- The 12 Principles of Adult Learning
- Key elements of skilled facilitation

Lesson 2: Designing and Delivering Professional Learning

In this lesson you will learn:

- Best practices for Professional Learning that models SEL
- Brain-based learning strategies to engage adults
- Participant-centered facilitation tips

Lesson 3: Meetings that Move the Dial while They Move Hearts

In this lesson you will learn:

- The core principles for crafting meetings for collaboration
- How to design a meeting agenda that strikes the right balance between operational and relational

MODULE 6

BELONGING MODULE:

This module centers on what *Belonging* truly is, why it matters, and how Mindfulness and SEL are vehicles for advancing a world built on Belonging. Through this module you will get clear on key terms that are essential for understanding and ultimately creating the conditions for belonging (equity, anti-racist, decolonization, cultural appropriation, intersectionality, race, racial justice, structural racism, White ("white people"), white fragility, white privilege, white supremacy), and be introduced to practical strategies to begin the inner work of racial healing. You will also engage with promising practices for creating a culture of belonging: Cultural Integration, Classroom Community Building, Ethnic-Racial Identity Development, and utilize the SEL Competencies to explore and examine how you can support educators in creating more equitable classrooms. Finally, this module brings the entire course together through having you commit to and create a plan for practicing love and hope on a daily basis as the foundation for your leadership.

Lesson 1: Leading for Belonging

In this lesson you will:

- Learn what belonging truly is and why it matters
- Define key terms that are essential for understanding and ultimately creating the conditions for belonging: equity, anti-racist, decolonization, cultural appropriation, intersectionality, race, racial justice, structural racism, white ("white people"), white fragility, white privilege, white supremacy
- Be introduced to practical strategies to begin the inner work of racial healing and create an action plan for yourself so you can lead for belonging

Lesson 2: Creating the Conditions for Belonging in Our Schools

In this lesson you will:

- Explore how you can create the conditions for belonging through the promising practices of: Cultural Integration, Classroom Community Building, Ethnic-Racial Identity Development
- Learn how to utilize the SEL Competencies to support educators in how they can create more equitable classrooms
- Make a plan and solidify next steps for how you will create the conditions for belonging in your context

Lesson 3: Bringing It All Together In Service of Belonging

In this lesson you will:

- Develop your own graphic that illustrates how you Integrate Mindfulness and SEL in Service of Belonging
- Explore how you can authentically practice love and hope on a daily basis as part of your leadership

FAQ's

What happens after I enroll?

As soon as you enroll and pay for the course you will immediately be sent a receipt and course login details so you can begin right away.

How long do I have access to the course?

Lifetime access. After enrolling, you have unlimited access to this course for as long as you like. The course has 12 hours of video lessons. This does not include additional resources or guided meditations. Carve out AT LEAST 45 minutes of time for each lesson to engage with the journal prompts that support reflection, application, and integration. Set aside 45 hours to thoroughly complete the course.

Do I need to purchase Meena's books with this course?

You will receive 20% off coupon to purchase Meena's books direct from her publishers when you enroll for the course. It isn't necessary to purchase both of her books for the course but reading them will reinforce and enhance your course experience

I am not currently teaching. Will I still get something out of this course?

Definitely. Much of the information and practices shared in this course will transform your life, not just your teaching practice. This course is powerful preparation for you to teach with SEL in mind if/when you do decide to teach.

Do you accept purchase orders?

We do not accept single user purchase orders. Please pay with a credit card and get reimbursed. If you plan on purchasing the course for multiple users and can only do that via a purchase order indicate that on the form for multi-user purchases.

I would like to take this course with a group. Do you offer multi-user discounts?

Yes, learn more about multi-user discounts below. Pricing: 5-9 users: \$127 each; 10+ users: \$97 each.

I am a teacher educator. Can I use this course to teach my students?

Definitely. One of Meena's hopes is that the contents of this course will be integrated into teacher education programs worldwide.

FAQ's

Can I get credit?

Yes! You can earn 3 or 6 Graduate-Level Professional Development Semester Units/Credits from Courses4Teachers Inc./University of the Pacific for completion of the SEL Every Day Online Course. [Learn more about how you can obtain credit by clicking here.](#)

Will I receive a certificate?

Yes, upon completion of all modules and lessons you will be able to download a certificate of completion. This certificate details course content. Our hope is that you can present this certificate of completion to your school, district or organization. You can also include details of the certificate of completion on your professional resume.

Can I take both courses?

If you are interested in both courses, do not purchase both courses. Please instead enroll in the Leader course as the material covered in the Educator course is also covered in the Leader course. Even if you do not have any leadership aspirations now you never know what the future holds. You will have LIFETIME ACCESS to the course materials so you can revisit any lessons that don't feel relevant to you now in the future.