RESILIENCE EMPOWERMENT PROJECT FOR EDUCATORS



Be among other educators and administrators to increase awareness and understanding of the neurobiological and behavioral impacts of trauma, toxic stress, and ACEs on adults and students. Also, learn how to implement processes and practices that increase resilience, reduce teacher burnout, student absenteeism, increase teacher retention and student success

100% ONLINE & SELF-PACED

FOR EDUCATORS, ADMINISTRATORS, AND COMMUNITY LEADERS

LEVELS 1 OR 2- $79
FULL PROGRAM- $129
TRAINING OF TRAINER - $299

Through a lens of empathy and science, this training explores how Adverse Childhood Experiences (ACEs) and toxic stress impact brain development, learning, and behavior. You will move beyond simple awareness toward a sustainable, trauma-informed practice that prioritizes emotional safety and long-term success.

Level 1- 12 Professional Development Hours
Level 2- 8 Professional Development Hours

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Level 1

Module 1

Safety and attachment in the context of building relationships.

Module 2

The impacts of stress on our bodies & brains and how to use mindfulness to regulate.

Module 3

The role of strengths based models in building resilience skills.

Level 2

Module 4

Impacts of trauma & adversity on our brains and bodies.

Module 5

Deeper dive into neurobiology and the role of neuroplasticity & resilience.

Module 6

Understanding behavior and response in order to create safety in relationship.

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