

## Presentation and Professional Development Opportunities

The following presentations are available to your school's students, staff, and parents. Each school may request one student, one staff, and one parent/family presentation per school year for a total of three.

*Presentations can be virtual or in-person. Requests must be given a minimum 30 day notice.*

	Students K-5	Students 6-12	Staff	Parents
Building A Resilient Me	X	X		
Building a Resilient Family			X	X
Don't Get Vaped In!		X	X	X
Help vs. Harm: Technology & Your Well Being		X	X	X
Mindfulness	X	X	X	X
Joy in the Workplace			X	
Healthy Lifestyle Choices	X	X	X	X
Communication Styles		X	X	
Hygiene	X	X		
What is SEL?				X
Healthy Relationships		X		X
Diversity, Equity, and Inclusion		X	X	

### [Request Link](#)



**\*25 TYSWIW Points**

#### Mini-Presentations Available:

Invite us to your next PTA meeting, staff in-service, or group meeting.

- Add 10 minutes of Fitness to Your Day
- Waking Up to a Better Day: The Importance of Sleep and Eating Breakfast
- Other topics available upon request

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### Descriptions

- Building a Resilient Me**  
Define resiliency, why it is so important to success, and how they can develop and apply it in their own lives.
- Building A Resilient Family**  
Define resiliency and explore strategies for how to strengthen your family's ability to bounce back from tough times.
- Don't Get Vaped In!**  
Learn the facts about e-cigarettes and the risks of vaping to prevent numerous long-term development and health risks.
- Help vs. Harm: Technology and Your Well Being**  
Learn how to use technology to support your wellbeing and how to limit tech time that can result in unhealthy habits.
- Mindfulness**  
Ground the body, quiet the mind, balance the soul. Individuals will review the benefits and strategies to building mindfulness skills.
- Joy In The Workplace** A program designed to empower teams to identify what matters in their work and barriers to success. Individuals will design a personalized wellness plan to support wellbeing goals and needs.
- Healthy Lifestyle**  
Eating healthy doesn't mean you have to sacrifice your favorite foods! Learn how to make healthier choices when eating out.
- Communication Styles**  
Learn communication styles, recognize your style, and how to converse with individuals who may have a different style than you.
- Hygiene**  
Explore the different areas of personal hygiene and personal space including dental, hair, body, hands, and clothing.
- What is SEL?**  
Define SEL and what you can do (and are already doing) to promote social emotional learning for your children in your daily routine.
- Healthy Relationships**  
Help students understand what healthy relationships are in their life and why they are important.
- Diversity, Equity, & Inclusion**  
Discuss ways to respect, accept and celebrate each others' differences to build a shared humanity and effective collaboration.

### [Request Link](#)



25-50  
TYSWIW  
pts

#### STAY TUNED!

Be sure to check the Healthy Schools newsletter and subscribe to text alerts for the most up to date information on exciting, new staff trainings to be held throughout the year.

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