



PROFESSIONAL DEVELOPMENT

CREATING POSITIVE CHANGE IN YOUR SCHOOL

ARE YOU CURIOUS ABOUT HOW TO INCORPORATE THE TOOLS OF WELLNESS INTO YOUR CLASSROOM (AND LIFE)?

In this training you will learn:

- **how emotions play a huge part in what happens in the classroom and what we can do about that;**
- **Tools to create trust and belonging;**
- **Mindfulness techniques that allow students to navigate their own stress response and self-soothe when they are feeling anxious;**
- **Ways of cultivating opportunities to listen and respond to people in your orbit;**
- **Many other positive psych hacks!**

When: June 20-23, 2023

Times: 8:30am-12:00pm

Where: In-Person at Green Valley Country Club, Plymouth Meeting, PA
(online option, as well, since we will conduct the class simultaneously on Zoom.)

Cost: \$750 per person until May 1st (early bird discount); \$825 after May 1st.

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Contact us for more information or to register: info@hive-thrive.com
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