



Your time is precious. For educators, teachers, social workers, school administrators, and parents and caregivers, time spent in professional development should feel valuable and relevant in the real world of homes, classrooms, and schools. Our workshops are hands-on, experiential, and brain-science based, building on your strengths and wisdom. These programs are practical, engaging, and fun, just like the educational spaces we aim to create for kids. Adults leave our programs inspired to shift their lenses and work with young people differently. They see immediate results and feel motivated to create learning environments where all kids feel connected and encouraged.

The length and content of our workshops can be customized to meet your scheduling needs.

ROOTED RELATIONSHIPS: *Growing Equitable Classroom Communities*

Interactive workshop

COST	SUBSIDY	FEE
\$20,000	\$2,000	\$18,000

15-HOUR WORKSHOP (throughout school year)

- Explore ways to create an environment where students are engaged in learning, contribute to problem-solving, and help build their own community
- Gain tools to set-up and consistently hold effective problem-solving class meetings
- Understand behavior as communication so that you can respond to challenging behavior
- Apply a trauma-responsive lens so that you can better understand and handle classroom challenges
- Strengthen your own self-regulation and co-regulation skills and help children with the social-emotional support and skill-building that they urgently need
- Discuss the harmful impacts of power and inequities
- Gain anti-racist tools that move us away from control & compliance and towards collaboration and community

REIMAGINING RESILIENCE 1: *Understanding Trauma & Creating Safer Environments*

Interactive workshop

COST	SUBSIDY	FEE
\$5,500	\$500	\$5,000

FOUR HOURS + Supplemental Resources

- Understand ACEs and Trauma: Learn how adverse experiences impact behavior and learning, and how trauma responses can disrupt the classroom environment
- Become a Buffering Adult: Explore techniques to support students in managing toxic stress and building resilience through strong, supportive relationships
- Gain Emotional Regulation & Relationship Skills: Help students feel safe (Regulate), connected (Relate), and ready to learn (Reason), fostering both social and academic growth
- Discover Culturally Responsive Practices: Ensure all students feel seen, valued, and have a sense of belonging

- Examine Power Dynamics & Equity: Power structures affect relationships in schools. Learn to challenge implicit biases and shift from “power over” to “power with” practices to promote inclusion

REIMAGINING RESILIENCE 2:

Developing Firmness Tools

Interactive workshop

FOUR HOURS + Supplemental Resources

- Learn about the brain’s response to stress, and how you can create an environment of safety and connection, which is foundational for learning
- Explore a variety of connected and firm responses that improve relationships and empower adults and young people
- Identify and practice strategies for joint problem-solving, repairing mistakes, and making agreements with young people
- Explore how to build awareness and advocate on behalf of young people who have experienced trauma

COST	SUBSIDY	FEE
\$5,500	\$500	\$5,000

PROBLEM-SOLVING CLASS MEETINGS

Interactive workshop

FOUR HOURS + Supplemental Resources

- Deepen understanding of the purpose and structure of Problem-Solving Class Meetings
- Hold class meetings that foster belonging, significance, and a sense of shared responsibility among students
- Examine the role of shared power in building equitable classroom communities
- Practice classroom leadership strategies that center student voice and foster collaborative problem solving
- Develop confidence in leading class meetings that are inclusive, restorative, and developmentally appropriate and build social emotional skills
- Commit to concrete next steps for integrating class meetings into daily practice

COST	SUBSIDY	FEE
\$5,500	\$500	\$5,000

EXPLORING POWER & EQUITY

Interactive workshop

TWO-HOUR WORKSHOP

- Identify and analyze power relationships within educational settings and consider their impact on student experiences and outcomes
- Deepen understanding of implicit bias and how it influences behavior, decision-making, and interactions within the school environment and our broader communities
- Practice building collaborative, “power-with” relationships as educators and advocates, incorporating insights from mirror neuron research to create supportive, inclusive learning communities based on collaboration vs. compliance

COST	SUBSIDY	FEE
\$3,000	\$500	\$2,500

- Apply key insights and practical tools from brain science and social-emotional learning to strengthen student engagement, connection, and well-being

CULTIVATING CONNECTION: *Brain Science, Youth Leadership, and Belonging for a Brighter Future*

Interactive workshop for middle and high school youth

COST	SUBSIDY	FEE
\$5,500	\$500	\$5,000

THREE ONE-HOUR SESSIONS

- Students explore the brain science behind learning and co-regulation, and apply this knowledge in support of themselves and their peers
- Students practice leadership skills for collaboration that empower them to take initiative and foster a brain and trauma-informed approach to relationship and community
- Students engage in activities that promote inclusivity and belonging, helping them recognize the importance of community connections in their personal and school lives

ROOTED BEGINNINGS: *Cultivating Community & Fostering Independence in Early Childhood*

Interactive workshop

COST	SUBSIDY	FEE
\$18,500	\$1,500	\$17,000

12-HOUR WORKSHOP

- Strengthen regulation skills to create safer classroom environments
- Learn principles and practical tools informed by brain science, trauma and attachment theory, and social-emotional learning
- Explore new ways to understand behavior as communication and respond compassionately
- Discuss the harmful impacts of power and inequities
- Gain anti-racist tools that move us away from control & compliance and towards collaboration and community

PARENTING WITH COURAGE & CONNECTION

Interactive workshops

Intro

COST	SUBSIDY	FEE
\$3,500	\$500	\$3,000

6-week

COST	SUBSIDY	FEE
\$9,000	\$500	\$8,500

TWO-HOUR INTRODUCTORY SESSION

- Learn tips for using brain science to improve behavior at home
- Explore discipline with connection and firmness at the same time
- Learn simple, respectful parenting tools you can use right away

SIX-SESSION SERIES (Includes all info from Introductory session)

- Share experiences and support in a community of other parents and caregivers
- Choose tools and strategies for connection, understanding behavior, and discipline that make sense for your family
- Learn respectful parenting tools to use at home that align with tools your children are learning at their school

Systems Coaching and Consulting

Many of us were raised on punishment and rewards. These harmful tools interrupt learning and perpetuate trauma for adults and children. They are also baked into our policies, procedures, and systems. Our dedicated team coaches adults to shift their perspective and practice, reframing how they see and address challenging behavior. Over time, we partner with you to build equitable, effective systems that center the students you serve.

DATA TEAM CONSULTING

Monthly consultations

COST	SUBSIDY	FEE
\$15,500	\$1,500	\$14,000

60-MINUTE CONSULTATIONS (throughout school year)

- Data Team: a representative team from your school community meets monthly to look at school-wide discipline data to develop trauma-informed, school-wide interventions that improve climate and student behavior. This team becomes effective, school change-agents.

TIER 3 CONSULTING

Monthly consultations

*Included with data team additional available

COST
\$800

60-MINUTE CONSULTATIONS (throughout school year)

- Tier 3 Consultations: support for an educator (and applicable colleagues) to use a strengths-based protocol to change outcomes for students who are struggling the most to connect, belong and engage in learning and community

MTSS CONSULTING

10 to 12-week process

COST	SUBSIDY	FEE
\$9,000 (per two grade levels)	\$1,000	\$8,000

FOUR 90-MINUTE CONSULTATIONS (over 12 weeks)

- Engage in a collaborative process to assess the social emotional strengths and growth areas of their students
- Access to Sound Discipline's strengths-based Social Emotional Screener tool and Menu of Tiered SEL Interventions
- Learn strategies to implement Tier 1 social emotional skill building
- Develop customized plans to support individual students
- Build school's capacity for social emotional learning at all levels