

Services Outline: 2-day Training Workshop

By ELG, for ACAMIS at AISG

Proposed training dates:

Saturday 9th November & Sunday 10th November 2019

Training Outline

Embedding social-emotional learning into everyday school life

A 2-day training workshop for international school teachers, counselors, leaders and others in student support roles. A universal training relevant for those working with students aged 3 to 18 years old.



Training Schedule and Details

Schedule	Training Component	Outcome
Saturday 9 th November 2019, morning session	<p>Risk and resilience factors: understanding the nature of social and emotional wellbeing in children</p> <p>Participants will explore and engage on:</p> <ul style="list-style-type: none"> • The diverse benefits of social and emotional wellbeing in childhood • Risk and resilience factors for social and emotional wellbeing in the South East Asia international school context • The impact of school systems and teacher/staff wellbeing • Assessing school culture as felt by children, families and staff <p>Participants will then be experientially introduced to two key approaches for improving wellbeing:</p> <ul style="list-style-type: none"> • Mindfulness • Creative expression 	<p>Participants will become more confident and evidence-based in their advocacy for improved social and emotional wellbeing.</p> <p>Participants will increase their comfortability and experience level in relaxation and expressive techniques that can be taught and delivered to students on a group and individual level.</p>
Saturday 9 th November 2019, afternoon session	<p>Teaching for wellbeing: what more you and your colleagues can do</p> <p>Participants will have the opportunity to learn and practice specific, universal techniques for increased daily social-emotional learning, including:</p> <ul style="list-style-type: none"> • Basic counseling skills • Motivational interviewing • Behavioral interventions • Metacognitive approaches 	<p>Participants will be able to utilise specific strategies for prevention and response to social and emotional wellbeing needs.</p>
Sunday 10 th November 2019, morning session	<p>Case analysis: getting to the root of the child's need and applying the right techniques</p> <p>Participants will collaborate and learn together through guided case studies and role plays addressing:</p> <ul style="list-style-type: none"> • Children with behavioral challenges • Children with low social functioning • Children with attention and concentration difficulties 	<p>Participants will know how to apply the right strategies in the right circumstances, based on each child's specific needs.</p>

	<ul style="list-style-type: none"> • Children with depression and anxiety • Children with executive functioning deficits • Children experiencing family functioning issues 	
Sunday 10 th November 2019, afternoon session	<p>Whole school plan: truly embedding good practices into the school system</p> <p>Drawing upon all learnings, participants will develop specific plans for their school in the following areas (with group and facilitator support):</p> <ul style="list-style-type: none"> • Systems for staff self-care plans • Systems for student self-care plans • Embedded mindfulness curriculum and practice • Highly regular creative expression opportunities • Consistent teacher strategies for preventing and responding to specific social and emotional wellbeing needs • Systems for parent/family partnership in relation to social and emotional wellbeing needs 	Participants will collate their learnings into SMART (Specific, Measurable, Attainable, Realistic, Timely) plans, which they will present to school leadership and support to implement.

Training Facilitator

Tingting Chen, M.S. Art Therapist



Please click here to read her bio:

<http://www.chinaelg.com/author/tingting-chen/> (English)

<http://www.chinaelg.com/zh/author/tingting-chen/> (Chinese)

Training Style and Structure

ELG's workshops are i) led by qualified and experienced specialists in the field, ii) highly interactive and focused on helpful tips and strategies for immediate implementation, iii) informative and evidence-based and iv) engaging and supportive in style. Cultural differences and sensitivities are a key aspect of all training workshops.

A multi-modal learning approach ensures that engagement and participation throughout the 2-day workshop is maximal. Interactive elements are built into each component, including: case studies, role plays, videos, practice sessions, group and pair work, quizzes, thought experiments and Q&A. Further, participants will be set 'fun homework' to undertake and report back on after the workshop, to help facilitate the process of turning learning into practice. This training workshop will be delivered in English, with translation into Mandarin as and when required.

A pre-workshop survey will be sent to all registrants, to ensure that the training workshop is appropriately tailored to the group's needs and circumstances.