



# NAZ COMMUNITY WELLNESS



NORTHSIDE  
ACHIEVEMENT  
ZONE

## For Teachers & School Support Staff at KIPP North Star

This two-hour session will ground participants in the history, philosophy, and practice of the NAZ Family Academy Foundations class. The classes will provide teachers with an in-depth, interactive overview of the NAZ parent education and empowerment curriculum. Participants will learn what makes Foundations an effective strategy to move to action in, achieving their own goals as teachers and leaders.

### WHAT TO EXPECT IN THIS COURSE:

#### Background

- Personal empowerment
- History of Foundations

#### What is Intelligence?

- The capacity to acquire and apply knowledge
- Academic vs. emotional

#### What is Emotional Intelligence?

- The ability to recognize, understand, and manage our emotions
- Building blocks of emotional intelligence include: self awareness, self control, awareness of others, and relationship management

#### Cognitive Behavior Change Model

- Thoughts cause our feelings and behaviors
- Emotional and behavioral reactions are learned
- Help people respond instead of react to life events
- Leads to long-term results

#### How My Experiences Show Up in the Classroom

- Change is situational
- Transition is psychological and emotional

#### Engaging Scholars in Effective Communication

- Solution-focused
- Mutual agreement
- Intent matches impact

#### Building Collective Cooperation

- Managing appropriate relationships
- Recognizing strength in self and others
- Working toward shared success

## Schedule

**January 7, 1 pm to 3 pm**

All sessions will take place at KIPP

Questions? Call or email  
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