NAZ COMMUNITY WELLNESS

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 Jaton White at 612-384-2734 or jwhite@the-naz.org