



FOUNDATIONS 101

This 90-minute session will ground participants in the history, philosophy, and practice of the NAZ Family Academy Foundations class. It is designed to provide NAZ partners and stakeholders 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 families to action in achieving their own goals as parents 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 Workplace

- Change is situational
- Transition is psychological and emotional

Effective Communication

- Solution-focused
- Mutual agreement
- Intent matches impact

Collective Cooperation

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

SCHEDULE A TRAINING

Contact Andre Dukes at
(612) 594-8360 or
ADukes@the-naz.org

We ask that a minimum of
four staff members register
for a training session.

