

# EDUCATION PROFESSIONAL DEVELOPMENT OFFERINGS

## LET'S MAKE LEARNING MATTER

Making an investment and providing opportunities to expand our skills, knowledge, and practices deepens our understanding and shows your staff how much and why they matter. EMM EDU's professional development offers a range of learning opportunities for you and your staff, from personal well-being to empowering students. Trainings can be delivered in-person or virtually at rates and durations tailored to meet your needs and align with your goals. Get ready for meaningful, energizing, and empowering workshop sessions that shift how we think about, connect to, support, and engage with ourselves, the people around us, our community, and our world. Make room for EMM tools and resources. Let's create a space that matters for students, families, and staff. Check out our workshop offerings that we have designed just for you.



### THE MATTERING MINDSET™

Mattering is at the heart of who we are and everything we do. Mattering gives us purpose, direction, motivation, and inspiration. Mattering is how we embrace our role in creating a world where everyone feels seen, heard, and loved; and, we achieve this through our Mattering Mindset™ framework. This framework, built upon the perspectives of “I Matter,” “You Matter,” and “We Matter,” provides a paradigm for how we choose to live every single day. Not only does it help us better understand ourselves, our relationships, and our current culture's moment, but it paves a pathway for compassion, equity, and belonging. In this session, we will work together to create a plan to live out these principles, both personally and professionally. This is truly a life- and world-changing model. Attendees will leave with a fresh lens of how to approach each day and foster a more supportive and compassionate world. Mattering truly changes everything.

**Time: 60-90 minutes**

### YOU MATTER™

You matter to so many people—to yourself, your students, colleagues, families, relationships, community, and yes, the world. However, sometimes it all becomes overwhelming and we disconnect or simply forget how incredible we are and how much we matter. Attendees will explore the transformational concept of “mattering” and engage in activities that reinforce and remind themselves of their incredible contributions, meaningful connections, and how their collective energy makes a positive impact on youth, families, communities, and the world.

**Time: 60-90 minutes**

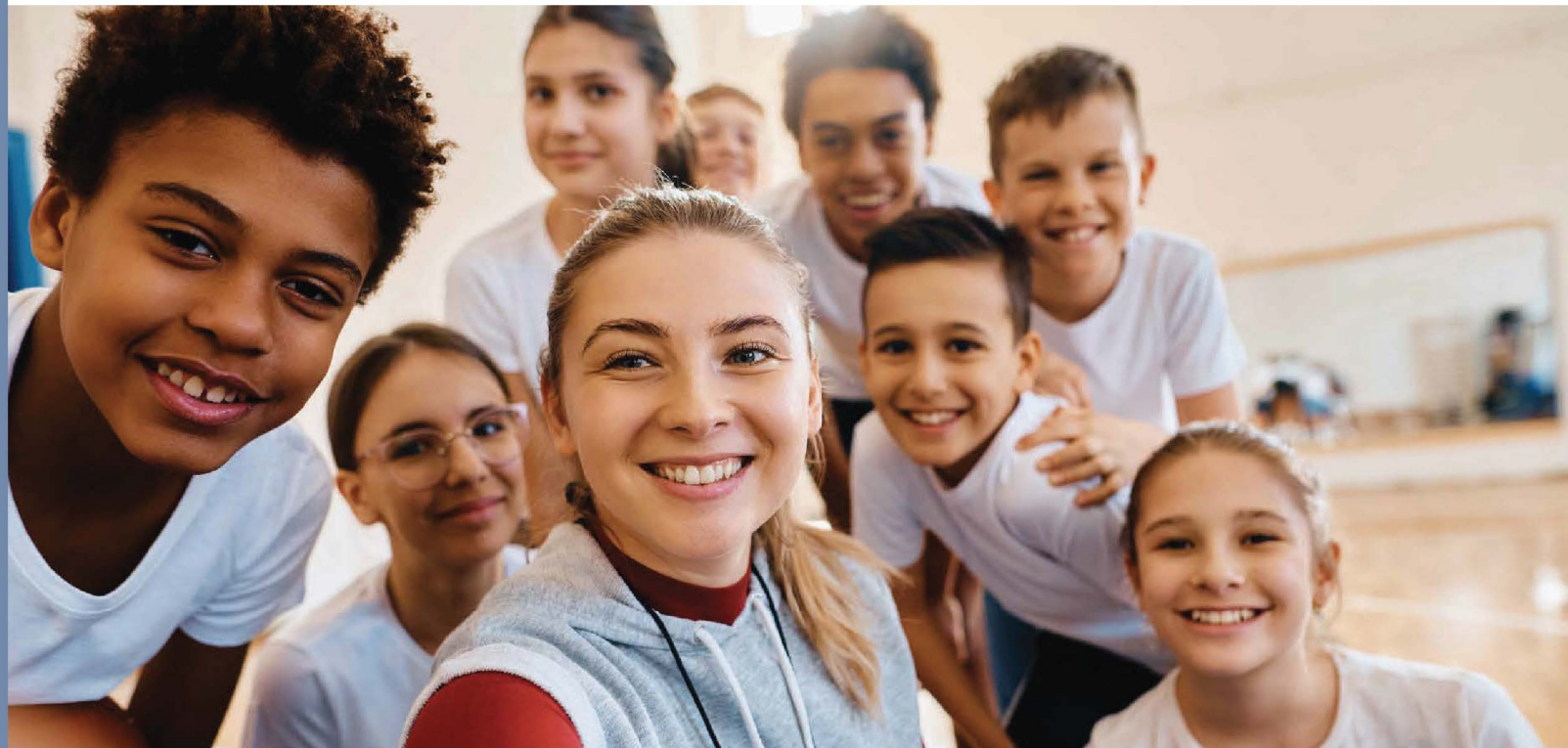




## YOUR STORY MATTERS

Life is made up of moments. These moments create a story of your past, present, and future. These moments are your life's narrative—your story. And, each one of us has one. Our experiences and connections to ourselves and others determine our story, but they don't define it. You do. Attendees will gain greater clarity on the moments that shaped who they are and how they want to move forward in the future. Let's celebrate life's big moments, construct our future story, and inspire others to cultivate their own narratives. Participants will be empowered to take ownerships and be the author of their story. Our stories matter.

**Time: 60-90 minutes**



## CREATING A SPACE THAT MATTERS

Each and every individual who works with youth and young people has the opportunity to make a positive impact every day. Whether with a genuine smile, warm hello, enthusiastic fist bump or a few minutes of supportive connection, these meaningful moments allow students to feel seen, heard, and valued, and just might be what gets them through their day. We never know what students may be carrying as we encounter them, but we can intentionally and thoughtfully create welcoming and supportive spaces where they know how much they matter. Attendees will be guided through co-creating a space for mattering and explore promising resources, tools, and practices to create a space for their students to thrive, together.

**Time: 60-90 minutes**





## OUR YOUTH MATTER

Our youth today are intelligent, talented, caring, curious, innovative, creative, resilient, and so much more. They deserve to know how much and why they matter and we can create opportunities for students to experience it. EMM's K-12 tools and resources provide engaging and fun lessons and practices to help educators empower students to value themselves, meaningfully connect to others, and serve their communities. Attendees will engage in EMM's promising practices that set the groundwork for students to take actionable steps toward being more confident, empathetic, impactful, and civically engaged. Attendees will feel more empowered to help our youth and young people connect to how much and why they matter.

**Time: 60-120 minute**



## SEL AND WELL-BEING FOR ADULTS (In-person, live virtual, or on-demand video modules)

In recent years, we have come to understand the importance of social and emotional learning (SEL) for youth and young people. SEL development is vital for our students to grow and thrive. However, we have also come to learn that SEL development is just as important for adults. Attendees will take a thoughtful and deeper dive into each of the five SEL core competencies, plus growth mindset. Attendees will engage in exercises and craft routines that thoughtfully connect to their self-awareness, self-management, social awareness, relationship skills and responsible decision-making. Attendees will also explore how a growth mindset plays an essential role in how we develop and live. As we better understand and take ownership of our own social and emotional learning, we are better able to take care of ourselves, the people around us, and our communities.

**Time: 60-90 minutes or six 15-minute live or record video modules**

## LIVING, TEACHING, AND EMBRACING SEL

At any given moment, we can experience a variety of feelings, from despair to happiness, frustration to joy, and everything in between. How we recognize and regulate our emotions shapes how we show up every day, interact with the people around us, and better understand how we can create a safer, healthier, and thriving space for everyone. Social and emotional learning (SEL) is how we bring awareness to not just what we experience, but how we want to experience it. Attendees will be introduced to the strong connection between SEL and EMM's *Mattering Mindset™*, explore how to integrate social and emotional learning practices and routines in our classrooms and programs, and provide meaningful experiences for students and families from which they will learn, grow, and live.

**Time: 60-90 minutes**



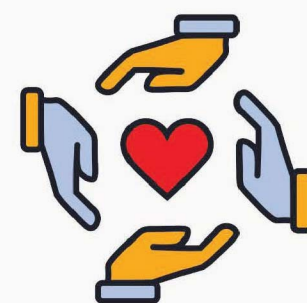




## OUR COMMUNITIES MATTER

Our communities are defined by and thrive through our collective commitment to take care of them. Service and service learning provides a pathway for students to value and take ownership of their neighborhoods, communities, and world. In this session, attendees will explore the seven elements of High-Quality Service Learning, as established by Stanford University, and create a plan for how to structure meaningful service experiences for students. Attendees will gain a greater understanding of how to shift from short-term service projects to enriching, on-going civic experiences. Let's empower youth and young people to show their community and world how much and why it matters.

**Time: 60-90 minutes**



# KEYNOTE

## YOU MATTER™

You are incredibly important to so many people—to your students and colleagues, your family and relationships, your community and world and ultimately yourself. At times, however, it all can seem frustrating and overwhelming. We might disconnect or give into negative self-talk. We might lose grasp on our purpose or slip into apathy. We may simply forget how incredible we are. But Matthew Emerzian, CEO and founder of Every Monday Matters, wants you to know something—you matter. During this keynote, Matt will share his personal story through this meaningful and engaging keynote that will inspire and boldly remind you just how much you are valued. Get ready for a highly-interactive and life-changing experience with Matthew Emerzian and embrace how much and why you matter.

**Time: 60-90 minutes**

## IT STARTS WITH YOU

Prices vary for our workshops and keynote offerings and can be purchased as a single event or series.

For booking or more information, please contact:

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