



# PROFESSIONAL LEARNING SERVICES

**ATTEND AT MCMASTER HOUSE  
OR REQUEST PROFESSIONAL  
LEARNING AT YOUR SCHOOL  
OR VIRTUAL.**

Professional and French Language Services (PFLS) is pleased to share the professional learning experiences for the 2022-2023 school year.

More than a one-off workshop: the PFLS Team will work with you to deliver professional development and facilitate collaborative learning with teacher teams.

**2022/2023**

# Equity and Anti-Racism

## + Introduction to Anti-Racism (UPON REQUEST)

This session will introduce you to anti-racism education. Topics include the understanding of anti-racism, historical and contemporary contexts, and the ways that racism impacts teachers, students, and school communities.

### Participants will:

- » develop language related to race, anti-racism, and equity in schools;
- » examine anti-racism work through a variety of lenses; and
- » identify actionable steps to improve equity in schools.

*DISPONIBLE EN FRANÇAIS*

## + How to be an Anti-Racist Teacher (UPON REQUEST)

In this session you'll examine practical tools to engage in anti-racism and anti-oppression work in your classroom and school. Topics include avoiding equity detours, having conversations about race and racism, building equity spaces, and allyship.

### Participants will:

- » build a toolkit to address racism and oppression;
- » understand the ways bias impacts relationships, classrooms, and schools;
- » explore how racism and bias impact student engagement; and
- » understand the importance of allyship.

*DISPONIBLE EN FRANÇAIS*

## + Creating Safer Spaces (UPON REQUEST)

Teaching contentious topics can be challenging for many reasons. Both teachers and students have varying levels of knowledge about the historical and contemporary implications of these topics. In addition, many of these topics are complex and even controversial. This workshop will provide guidance for teachers on how to address contentious topics in the classroom while working with their school team and families to create safe spaces for all.

### Participants will learn:

- » how to address contentious topics in the classroom appropriately to create safer spaces for all;
- » how to work collaboratively with communities seeking equity by engaging with the school team and families as partners in social justice work; and
- » how to respond to difficult situations related to contentious topics in the classroom, especially when they anticipate a trap. They will also learn how to protect themselves as teachers.

*DISPONIBLE EN FRANÇAIS*

# Sustainable Approaches to Flourishing Educators



## We Are Not OK: Educator Wellbeing in the Time of COVID

**Where:** McMaster House

**When:** October 11-12 & January 30-31

<https://memberlink.mbteach.org/Events.aspx>

Everyone has struggled during the pandemic. Educators have been so focused on their students that often their own struggles have gone unacknowledged.

### DAY 1 - COGNITIVE BEHAVIOUR THERAPY FOR EDUCATORS

Centering on thinking patterns, beliefs, and values, Cognitive Behavioural Therapy (CBT) has been the world's most utilized and studied psychological and self-help intervention for the past 50 years. This workshop tailors the tried and true, evidence-based techniques of CBT to the specific needs of educators.

#### Participants will:

- » learn the CBT model and common unsustainable beliefs pertaining to educator burnout;
- » practice simple CBT exercises for sustainable teaching, by modifying unsustainable beliefs and thinking patterns;
- » gain knowledge of current written materials, online resources, and apps related to CBT; and
- » develop a personalized CBT wellness plan for yourself and your school.

### DAY 2 - ACKNOWLEDGING LOSSES AND IDENTIFYING GRIEFS SO WE CAN MOVE FORWARD WITH HOPE

In order to heal and move forward, we must acknowledge what we have endured, and continue to endure. By naming our losses and identifying our griefs, we can get unstuck and move forward with hope.

#### Participants will:

- » identify their own personal losses of the pandemic (eg. Loss of a person through death, or loss of the feeling of safety in the classroom);
- » learn about grief – what is normal?; and
- » learn strategies for coping and growing hope.

*Note: Feeling safe is necessary. No one will be asked to share if they do not want to.*



## Recovering Your Mental Health After Two Years of the Pandemic: Creating a Personalized Mental Health Plan (UPON REQUEST)

After two years of being pummeled by change and loss, all of us are experiencing mental health challenges. No one is immune. In this workshop we will examine the mental health continuum, a non-stigmatizing approach to mental health. Educators will be able to assess their own self-regulation, and what improves it or impedes it. This workshop aims to help people identify where they are struggling, and what they can do about it. Educators will choose from multiple strategies to apply to their own personalized mental health plan.

#### Participants will:

- » learn a new way of approaching mental health;
- » assess your own self-regulation; and
- » create a personalized mental health plan.

*Note: Feeling safe is necessary. No one will be asked to share if they do not want to.*

DISPONIBLE EN FRANÇAIS



## Educator Self-Compassion (UPON REQUEST)

This workshop focuses on building an understanding of, and skills related to self-compassion as it relates to educator wellness. Developed by Dr. Kristin Neff, and made popular in the recent book, *Self-Compassion for Educators* by Lisa Baylis, self-compassion is an evidence-based psychological intervention that is gaining steam with educators.

#### Participants will:

- » learn the theory, concepts, and research behind self-compassion;
- » engage in written and guided self-compassion practices; and
- » develop a plan of how to use self-compassion in life and school.

DISPONIBLE EN FRANÇAIS

# Learning for Leading



## Insights Discovery® for Leaders

**Where: McMaster House**

**When: November 7-8 & March 13-14**

<https://memberlink.mbteach.org/Events.aspx>

### DAY 1 - INSIGHTS DISCOVERY®

Insights Discovery® is a powerful tool to enhance relationships and increase emotional intelligence. Here participants will gain an understanding of their own personal profile, insight into their work style preferences and the impact they have on leadership.

#### Participants will:

- » gain an understanding of Insights Discovery® as a tool for understanding and adapting;
- » recognize perceptions and preferences as the foundation of belief and actions; and
- » learn to better collaborate with and meet the needs of other professionals.

### DAY 2 - DISCOVERING LEADERSHIP EFFECTIVENESS

Building on the foundation model, Insights Discovery®, participants will explore their personal leadership style and unique value. Through a series of workshops and coaching sessions, they will explore the ways their individual style and preferences manifest themselves to:

- » create a compelling vision;
- » produce results; and
- » maximize the effectiveness of their team through shared goals and values.

Discovering Leadership Effectiveness will help participants become the best leaders they can be.



## Leading with Trust (UPON REQUEST)

Trust is the foundation of any healthy relationship. It's a key predictor of success and engagement in healthy schools. If you're passionate about positive relationships, student success and engagement, this workshop is for you.

#### Participants will:

- » understand the pivotal role that trust plays in improving student success and increasing staff commitment;
- » explore practical strategies to increase levels of self-trust and interpersonal trust; and
- » develop an action plan to guide their workplace relationships and personal growth.

# Teacher-Led Learning Team



## Teacher-Led Learning Team

(UPON REQUEST)

<https://www.mbteach.org/mtscms/wp-content/uploads/2021/05/2021-2022-TLLT-Workshops2.pdf>