

Educators' Emotional Well-Being

Program Overview

Educators' Emotional Well-Being online training program, provided by Housman Institute, is designed to help teachers and caregivers develop their emotional intelligence to better manage the stress they may encounter during their workday or at home. The program serves as a foundation to better prepare teachers to support the growth of children's emotional, cognitive, and social early learning and development.

Emotional intelligence, emotional awareness, understanding of stress, stress management techniques, and reflective practice are addressed in this self-paced, five-course program. Each course starts with a preview of the learning objectives and topics outlined in the course, direct instruction videos, and interactive scenarios, games, and knowledge checks to inform learning.

Target Audience: Early childhood and elementary educators, administrators, and health professionals including early intervention practitioners, intervention specialists, clinicians, and mental health practitioners.

Program Goals

At the end of this training, learners will understand and enhance their own emotionality in order to be able to manage stress and anxiety as well as promote the development of emotional competence in young children.

In this program, learners will explore their own emotionality through five sequential courses:

- Building Blocks of Emotional Intelligence
- Emotional Awareness: Understanding Your Emotionality
- Understanding Stress
- Stress Management and Self-Care Techniques
- Reflective Practice

Courses Outline

Course (120 min)	Learning Goals
<p>Course 1 (20 min)</p> <p>Building Blocks of Emotional Intelligence</p> <p>In this course, you are going to learn about the building blocks of emotional intelligence: what they are, how they are used, and why they matter.</p> <p>Activities:</p> <ul style="list-style-type: none">• Welcome Message• Course 1 Overview• Four Quadrants of Emotional Intelligence• Deeper Dive: Building Blocks of Emotional Intelligence	<p>By the end of this course, learners will be able to:</p> <ul style="list-style-type: none">• Identify the four quadrants of emotional intelligence and apply them to real-life examples.
<p>Course 2 (20 min)</p> <p>Emotional Awareness: Understanding Your Emotionality</p> <p>In this course, you are going to learn and understand the importance of the educators' own emotionality and how to become self-aware in one's own emotions.</p> <p>Activities:</p> <ul style="list-style-type: none">• Course 2 Overview• Connect to Your Own Experience• Emotional Awareness• Deeper Dive: Emotional Awareness	<p>By the end of this course, learners will be able to:</p> <ul style="list-style-type: none">• Understand that helping children manage their own emotions starts with understanding ourselves, which is the foundation of healthy relationships and interactions with children.• Understand the six levels of emotional awareness and reflect upon the importance of the educator's own emotional awareness.
<p>Course 3 (25 min)</p> <p>Understand Stress</p> <p>In this course, you will learn about the three types of stress, the cause of stress and its impact on our lives. You will be introduced with some useful strategies to deal with stress and be able to implement them in your lives.</p> <p>Activities:</p> <ul style="list-style-type: none">• Course 3 Overview• Connect to Your Own Experiences• Stress• Deeper Dive: Understanding Stress	<p>By the end of this course, learners will be able to:</p> <ul style="list-style-type: none">• Identify the three types of stress, the causes of stress, the feelings they foster, and the impact they can have on one's physical and mental health.• Understand and categorize levels of stress to apply appropriate coping strategies to manage them and the feelings that stress triggers in you.

Courses Outline (cont.)

Course (120 min)	Learning Goals
<p>Course 4 (25 min)</p> <p>Stress Management and Self-Care Techniques</p> <p>In this course, you will understand several techniques used to enhance educators' own emotionality and to deal with stress. These techniques will include physiological regulation, mindfulness practices, and self-reflective journaling.</p> <p>Activities:</p> <ul style="list-style-type: none">• Course 4 Overview• Emotional Moments in Our Life and Work• Physiological Regulation• Mindfulness• Reflective Journaling• Deeper Dive: Strategies and Techniques to Enhance Emotionality	<p>By the end of this course, learners will be able to:</p> <ul style="list-style-type: none">• Identify and apply physiological regulation and mindfulness techniques to regulate and manage their own emotions in both their professional and personal life.• Understand the four steps in self-reflective journaling to monitor and reflect on their own emotionality in both their professional and personal life.
<p>Course 5 (30 min)</p> <p>Reflective Practice</p> <p>In this course, you will learn more about Reflective Practice as a way to build trusting relationships and understand emotionality of your own and others.</p> <p>Activities:</p> <ul style="list-style-type: none">• Course 5 Overview• Closer Look at Reflective Practice• Six Steps of Reflective Practice in Action• Implementing Reflective Practice• Knowledge Check• Summary and Resources	<p>By the end of this course, learners will be able to:</p> <ul style="list-style-type: none">• Identify reflection-based strategies for building trusting relationships, strengthening communication around problem solving, and supporting others in understanding their own emotionality through implementation of Reflective Practice.