



Description

TRAILS Social and Emotional Learning (SEL) is a classroom-based program designed to build life skills that promote mental wellness and help students thrive. Over the course of 25 flexible, low-prep lessons, educators help students build self-awareness, self-management, social awareness, relationship skills, and responsible decision-making skills while strengthening academic engagement. This training incorporates active practice, practical and applicable examples, and an introduction to curriculum structure and core skills and theory in order to prepare participants to deliver SEL lessons in the classroom setting.

Training (2.5 hours) will include:

- Overview of how implementation of TRAILS SEL contributes to multi-tiered system of support (MTSS) in schools
- Review of the Collaborative for Academic, Social, and Emotional Learning (CASEL) SEL competencies and how they are integrated into the TRAILS SEL Curriculum
- Review of the evidence-based skills and concepts grounded in cognitive behavioral theory (CBT) and mindfulness that are embedded in the curriculum
- Overview of the curriculum and lesson structure including opportunities for flexibility and incorporation of concepts beyond the core lessons
- Other tips and tricks for implementation success

After completion of a TRAILS SEL Training, attendees will receive an invitation to access the full SEL curriculum at TRAILStoWellness.org.

Scheduling

Follow the steps below to ensure district/school staff are prepared for their TRAILS training:

- 1 View the [training schedule](#) and select the date that works best for your district
- 2 Share your selected date with your TRAILS Contact
- 3 Distribute the registration invitation link to appropriate staff

Once registered, the TRAILS Training Team will communicate directly with each individual registered to provide their confirmation, unique join link and training materials.

Logistics

Important considerations as you prepare for your training:

- Trainings take place via Zoom
- Facilitators utilize chat, poll and breakout room functions to engage with participants; therefore, participation from individual computers is highly recommended
- All attendees required to **register at least 24 hours in advance**
- Trainings capped at 300 registrants
- Alternate training format may be offered in the event of low registration numbers

Scheduling conflicts

If the dates on the [training schedule](#) don't work for your district or if you prefer your staff participate asynchronously, review [alternate training options](#) and discuss with your TRAILS Contact.

Questions?

Please reach out to your TRAILS Contact with any scheduling questions.

August

[Tuesday, Aug 13*](#)

9-11:30am ET / 7-9:30am MT

[Tuesday, Aug 20*](#)

1-3:30pm ET / 11am-1:30pm MT

[Wednesday, Aug 21*](#)

10am-12:30pm ET / 8-10:30am MT

[Tuesday, Aug 27*](#)

9-11:30am ET / 7-9:30am MT

September

[Tuesday, Sept 10*](#)

10am-12:30pm ET / 8-10:30am MT

[Thursday, Sept 26*](#)

1-3:30pm ET / 11am-1:30pm MT

October

[Wednesday, Oct 16*](#)

10am-12:30pm ET / 8-10:30am MT

[Thursday, Oct 24*](#)

1-3:30pm ET / 11am-1:30pm MT

[Thursday, Oct 31*](#)

12-2:30pm ET / 10am-12:30pm MT

November

[Tuesday, Nov 5*](#)

9-11:30am ET / 7-9:30am MT

[Thursday, Nov 21*](#)

1-3:30pm ET / 11am-1:30pm MT

January

[Tuesday, Jan 14*](#)

10am-12:30pm ET / 8-10:30am MT

February

[Thursday, Feb 20*](#)

9-11:30am ET / 7-9:30am MT

March

[Tuesday, March 11*](#)

1-3:30pm ET / 11am-1:30pm MT

April

[Thursday, April 17*](#)

1-3:30pm ET / 11am-1:30pm MT

* Trainings include free SCECHs (Michigan partners) and social work CEUs