

HARMONY AT HOME

ON-DEMAND WEBINAR RECOMMENDATIONS

Sanford Harmony is committed to helping support continued learning while at home. Our on-demand webinars can help build your confidence. Enrich your Social Emotional Learning teaching at home with a deeper understanding of key concepts and strategies. Many of these on-demand webinars have been created for classroom educators, but you can easily apply their insights as a parent or caretaker.

1. Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive

In this webinar, you'll learn to transform the way you think about emotions at home or in the classroom. Dr. Marc Brackett shares his groundbreaking research and shows how educators who understand the power and science of emotions can better support students.

Presented by: Dr. Marc Brackett, Founding Director of the Yale Center for Emotional Intelligence



2. Filling Your Cup: Comprehensive Self-Care Strategies for the Educator

In this webinar, we gain a deeper understanding of how our cups become empty in the first place (even when we've thought we've filled them). We also explore how we, collectively, can work together toward developing effective self-care strategies that are both meaningful and manageable during stressful situations.

Presented by: Elizabeth Cook, Senior National Advisor for Social Emotional Health, Alliance for a Healthier Generation

3. EI Over IQ: Emotional Intelligence and the Resilient Teacher

This webinar explains how understanding your own emotional intelligence can increase resiliency and strengthen connections with your child during the learning experience. Ms. Sackman-Ebuwa provides practical strategies that can be immediately implemented, so you can make a positive impact in your at-home classroom right away!

Presented by: Dorina Sackman-Ebuwa, Florida Teacher of the Year, National Teacher of the Year Finalist, Boss of B.E.L.I.E.V.E.!®, but a teacher first!