

SUPPORTING YOUR STUDENTS

For Elementary and Middle School staff who are seeking concrete strategies to better support the relationships and responses with their students



Info packet

BY ASHLEY AYALA, LMFT, ACCREDITED PARENT COACH AND FOUNDER OF THE MODERN PARENT

What the workshop covers

Social Emotional Learning (part 1)



Value of self care to show up and **respond better** to students



Importance of helping children feel **Safe, Seen, Soothed, & Secure**



Yes School: Leads to less opportunities for upset and push back from students



Decoding students **emotions**, how to co-regulate, and assist in validating and summarizing their upset



How to make a moment **teachable** and respond in a more positive and affirming way

Understanding and supporting (part 2)



Developmental information



Peer conflicts: Learn the types and how to best approach them. Also includes activity workbook



Anxiety: How it presents in children and how to support an anxious student



Depression: How children express it, myths, and how to provide support



Self harm: Signs a student is self injuring and how to guide children to proper support

Deep needs (part 3)



Trauma: The types, it's effects, myths, and symptoms students present with. How to create a trauma informed school



Adverse Childhood Experiences: What are they, prevalence, impact



Power struggles: 100% avoidable! Strategies and tips

ABOUT YOUR PRESENTER

Ashley Ayala



I am a Licensed Marriage and Family Therapist and Accredited Parent Coach who specializes in elementary age children and parenting. I have worked primarily in elementary schools as well as an outpatient clinic providing affordable mental health services to youth and their caregivers. My training includes trauma informed care and the effects that Adverse Childhood Experiences plays in future outcomes of a person. I now provide virtual workshops and training's to clinics, schools, parenting collectives, and provide coaching to parents.

"So often it's not the teacher that the student feels most comfortable with. If we invest in other key players within the school, we invest in raising resilient kids"

-Ashley Ayala



Testimonials

See what school staff say after attending the Supporting Your Students Workshop

"The biggest takeaway was learning different steps and strategies to take with peer conflicts or depression and how to approach someone who is having suicidal thoughts"

"After implimenting some of the lessons, I've been able to take into consideration all perspectives during a peer conflict"

"Being able to recognize who is in control and not take the bait!"

"I've learned how to step back and ask for help"

"This workshop taught me that by allowing students to problem solve, it empowers them and prevents more peer conflict"

"I learned how to help the children and speak with them better"

WHAT'S INCLUDED

Below are the details of the training!

VIRTUAL WORKSHOP

Up to 100 attendees

Zoom link

Flexible date & time



TIMELINE

This workshop is designed and presented in 3 parts with 2 breaks.

Each part is 30 minutes plus time for Q&A.

- The first lays the foundation for social-emotional support
- Second explores signs and symptoms of common mental health diagnoses
- Part 3 takes a dive into trauma, ACES, and how it presents in schools



Invite the teachers and support staff from your school for maximum reach



Personalized flier to send to staff with workshop information, date & time, and school district logo



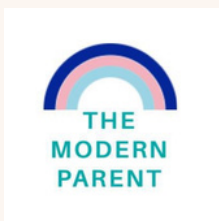
Three PDF workbooks for each part of the training. All attendees can receive these via email



The value of your staff having informative and dynamic knowledge on how to approach and best support your students!

RESERVE A SPOT TODAY!

Coordinating schedules can take time. Email me below to share your interest and secure your spot!



EMAIL

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