

## WHOLE EDUCATOR COLLECTIVE

Time	Workshop Description	Workshop Objectives
3 hrs	<p><b>The Science of Relationships</b> Explore the science of relationships and our role as “secure attachment figures”</p>	<ul style="list-style-type: none"> <li>• Understand the impact of relationships on the brain and its capacity to learn</li> <li>• Distinguish the types of relationships that promote learning from those that don’t</li> <li>• Identify behaviors that “trigger” your inner and outer critic, and how your triggers impacts your ability to be a secure attachment figure</li> <li>• Self-assess your own ability to build relationships that drive learning</li> </ul>
3 hrs	<p><b>Secure Communication</b> Define empathy and genuineness, and learn skills to communicate in ways that build secure relationships</p>	<ul style="list-style-type: none"> <li>• Define empathy and learn skills to communicate in ways that demonstrate understanding</li> <li>• Define genuineness and learn skills to communicate openly and honestly</li> <li>• Identify when and how to use empathy and genuineness in conjunction to solve problems and build relationships</li> </ul>
3 hrs	<p><b>Attachment Styles and Stories</b> Identify the different types of attachment styles and how they are formed, and explore your own attachment history</p>	<ul style="list-style-type: none"> <li>• Identify the four attachment styles in children and adults</li> <li>• Comprehend attachment styles as survival strategies build from early environments</li> <li>• Identify your own attachment style and understand how your attachment style developed and how it impacts you today</li> <li>• Attain a sense of affiliation with others based on attachment experiences</li> </ul>
3 hrs	<p><b>Self-Acceptance &amp; Empowerment</b> Grow as a secure attachment figure by practicing ways to feel safe, soothed, secure, and seen, and identifying supports for continued development</p>	<ul style="list-style-type: none"> <li>• Develop deeper self-compassion and self-acceptance by practicing ways to make yourself feel safe, soothed, secure and seen</li> <li>• Empower yourself to grow as a secure attachment figure by identifying next steps to receive personal support and care</li> </ul>