



Live Training Descriptions

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[Youth Development/Social and Emotional Learning](#)



[Management and Leadership](#)



[Diversity, Equity, and Inclusion](#)



[Quality and Evaluation](#)

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Youth Development/Social and Emotional Learning

Accessibility Awareness and Inclusion Techniques

In this workshop, participants will work with accessibility and learning advocates to address attitudinal barriers towards disability equality. Identify language and best practices within your environment that will empower your staff to activate inclusive practices and techniques and establish a framework of mutual understanding and respect for diversity and difference. This training will cover an overview of Universal Design and Universal Design Learning, disability language, and best practices for working with and being inclusive of people and learners with disabilities. Participants will gain a better overall understanding of accessibility and will leave with the tools to provide and share-out these awareness-building skills within their institution.

Building Understanding and Compassion While Teaching History and Current Events

Many teachers and youth workers are unsure of how to cover sensitive topics in the news or historical events like 9/11 or the Holocaust, especially with diverse groups. Concerns range from accidentally singling out students to having to address emotions, biases, perceptions and misconceptions. Many adults find these topics difficult to discuss among peers, let alone with children and youth. This workshop offers the tools needed to discuss sensitive topics in an inclusive and productive manner.

Communication and Partnership Strategies for Schools and Community Organizations

School/community partnerships are critical to providing a well-rounded, effective set of services to youth. However, challenges are bound to arise given conflicting regulations, funder expectations, and cultural norms. In this session, youth development and/or school professionals will learn how to use enhanced communication practices to support deeper partnerships. Participants will also learn how to facilitate great partnership meetings and move diverse partners to action.

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Conflict Resolution: Strategies for Effective Communication and Managing Conflict

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Creating a Positive Camp Culture Year-Round

Whether it's a morning cheer, a special handshake, or a farewell talent show, there are countless ways to infuse excitement and spirit at your site. Impactful traditions often used at summer camps can be augmented to fit any year-round program and have a tremendous effect on children. Attendees will take part in activities that demonstrate the impact of a positive culture and walk away with specific ideas to help create a strong sense of community.

Culturally-Responsive Practice: A Primer

Culturally-responsive practice starts with understanding how to build connections with people across cultures, which includes not only ethnic cultures but religions, neighborhoods, and more. Participants will learn the neuroscience behind culturally-responsive practice and build the skills needed to make their programs more inclusive and engaging for diverse populations.

Culturally Sensitive Up-Stander Training

With the growing tide of Islamophobia, anti-semitism, and the number of hate crime incidents in communities and school settings, this workshop aims to educate individuals on how to be Up Standers without violating religious limitations. It provides step by step strategies on how to be an Up Stander by providing cultural sensitivity tips and time for questions/answers.

These techniques can be used with anyone being targeted regardless of race, religion, age, etc. The workshop presents how and when to intervene in an incident, offer techniques to distract the harasser, and offer support to the individual who is being targeted. This training incorporates non-invasive techniques and promotes a safe way to stand up to intervene, get the victim to safety, and how to discretely contact police or others to aid the victim.

Development and the Brain: Ages, Stages, and the Neuroscience of Youth Development

Understanding the ages and stages of child and youth development helps to design effective programs, navigate behavior management, and have a stronger impact. This session will explore the latest research from neuroscience and child behavior to understand each stage of childhood and adolescence.

Youth Development/Social and Emotional Learning (continued)

Diversity, Equity, and Inclusion 101

In this workshop, participants are introduced to the key components of DEI to strengthen these practices in their professional and personal lives. Through interactive activities and community connection, this session aims to support individuals who are new to DEI or looking to reinforce their knowledge with hands-on instruction. We'll examine foundational definitions and history related to equity, and unpack unconscious biases through examinations of privilege and power.

Engaging Students Remotely: Pro Tips for Youth Workers

Given the quick transition the youth services field made to delivering activities online, there is much to learn about how to maximize virtual programming and supports for youth and families. In this session, we will share tips for engaging with youth in remote program settings; accessibility considerations to ensure all kids can participate, and policies to consider when offering enrichment and afterschool programs. We will provide (and practice) sample activities that work well in remote programs.

Evidence-Based SEL Approaches to Conflict Resolution

Effective SEL approaches are sequenced, active, focused, and explicit (SAFE) and holistically support child and youth development. Acknowledging that comprehensive SEL approaches are best, this session will provide a deep dive into several evidence-based SEL approaches to examine their tools for conflict resolution. Participants will explore conflict resolution examples from Responsive Classroom, Playworks, and RULER. Participants will leave the workshop with a better understanding of how to use these tools and how they fit into the broader scope of SEL.

Fostering a Growth Mindset in Youth

What is the difference between a growth and fixed mindset, and how can it make all the difference for the youth you serve? Having a growth mindset will push your youth to work harder toward achieving their goals. This interactive workshop and follow-up coaching package will help your program ensure every staff member is equipped to foster a growth mindset approach among your participants.

Fun and Educational Games

This session will provide interactive and unique activities that combine educational topics with traditional games. Staff will explore quick and easy ways to keep kids engaged while building cognitive skills such as problem-solving, critical thinking, and more!

Group Dynamics and Development

Forming a cohesive group with a variety of personality types can be challenging. Organizations serving youth have an opportunity to help each child grow as an individual, while also creating a strong sense of community. This workshop explores ways to help children identify their strengths and discover their passions, while providing skills to build trust and positive relationships with others.

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Youth Development/Social and Emotional Learning (continued)

Keeping Youth Engaged

In this session, participants will discuss the central elements of the P.I.E. framework -- preparation, implementation and evaluation -- to ensure high-quality programming. Staff will learn activity ideas for youth engagement and consider ways they can adapt them for their own students. Participants will think critically about the value of feedback and evaluation that students drive to enhance their learning. By the end of the session, staff will take away new learnings about the P.I.E strategy to support their ongoing practice and reflect on next steps for their program.

Learning Lab: Accessible Curriculum Design and Lesson-Plans

Work with experienced accessibility educators to design curricula and specific lesson-plans for after-school and recreation programs or community-based programming that will be more universally accessible. In this workshop you will learn about best practices in the field of accessible education with a focus on sensory and multi-modal learning. This workshop will introduce current thinking and best practices within accessible education and, through a hands-on workshop, inspire and challenge your staff to augment lesson plans and teaching strategies to be inclusive of a wide variety of learners.

LGBTQ+ 101: Making Safe Spaces for LGBTQ Youth

This session is for front line staff interacting with youth in agencies interested in being more welcoming to LGBTQ+ young people. The discussion begins with unpacking terminology and the power of language in creating a more inclusive space. We will explore various experiences, struggles, and challenges that LGBTQ+ identified youth face. The session concludes with some basic and attainable steps that each staff member can make to make your facility, activity, or program more inclusive to anyone along the LGBTQ+ spectrum. Participants will learn how to present themselves as safe adult allies for youth.

LGBTQ+ 201: Managing a More Effective and Inclusive Program

This interactive workshop is designed to take managers and program leaders on an immersive journey to identify concrete actions they can take to make their organizations more inclusive and safe for those identifying as transgender, non-binary, and LGBTQ+. Attendees will be able to identify factors (both organizational and cultural) that contribute to negative experiences, and troubleshoot how they might have been overcome, ultimately attracting more LGBTQ+ staff and fostering a safer space for staff and clients alike. Participants should come with their organization's mission statement, values, and objectives in hand, ready to challenge their overall organization philosophy and identify areas of potential refinement.

Measuring Outcomes and Assessments

The inclusion of meaningful outcomes and assessments is essential to quality program design. But, leaders in the youth development field must go beyond the identification of outcomes and assessments to ensure consistent implementation of these tools and frameworks into program design. As part of this module, managers will work to understand the difference between outputs and outcomes, determine the goals of their program and the connection of goals to specific activities, and review relevant methods of program assessment.

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Positive Behavior Management

This session focuses on what adults can control to guide children and create a climate conducive to positive behavior. Topics in this interactive workshop will include strategies for being proactive, how to set expectations and follow through with them, discussing what consequences are and how they affect behavior, and determining how to reduce undesired behaviors. Participants will discover how to use creative approaches for conflict resolution and behavior management.

The Power of Relationships

This session will explore the importance of relationship building when doing social justice, diversity and equity work with young people, communities, and other organizations alike. We will share best practices around how to most effectively build relationships when working with young people and in communities. We will also explore how our own identities show up in our relationship building with others and learn how to navigate the impact of our identities on connecting with others.

Participants will have the opportunity to share challenges they have encountered when trying to build relationships in their own work, and get feedback on how to more effectively address those situations in the future. The goal of this workshop is to underscore the value of building authentic, genuine and strong relationships and to provide tangible strategies for how to effectively connect.

Professionalism for Youth Workers

If your organization is like most youth-serving non-profits, you likely have a number of employees who have never held a formal job prior to you hiring them. Given that so many jobs in our field are part-time and/or entry level, it is common for staff to lack basic skills like workplace communication, troubleshooting with grace, and navigating difficult conversations. This learning module addresses these issues and others, supporting your staff to develop professional skills and competencies that will make them better able to serve youth, families, and other stakeholders.

Project-Based Learning

In this workshop, participants will learn each element of implementing project-based learning, or PBL. Through hands-on activities, the group will learn how to develop a driving question, lead youth through an inquiry process, support young people to develop their project, and create culminating presentations. A PBL planning tool will be provided.

Purpose, Not Power: Culturally-Relevant Behavior Management

This session is for staff of youth-serving agencies, educators, and other adults working with youth with a goal to effectively use behavior management and teaching techniques rooted in culturally relevant practice. In this session, participants will learn how to proactively set students up for success, defuse potentially disruptive situations, and use collaborative and inclusive techniques to promote joyful engagement. The session uses a lens of social and emotional learning and social justice. Participants will put their learning to the test in practice clinics to internalize these skills and receive personalized real time feedback.

Restorative Justice 101

Participants will learn the fundamentals of restorative justice (RJ), including what RJ is (and is not) and the mindsets that are required to implement RJ with fidelity. Participants will also learn about and practice using three restorative justice tools that can be used in schools or youth development programs.

Self Care for Caregivers and Educators

Learn how to take care of your whole self through integration of body, mind, and spirit. Integration is an act of self-care, which ultimately enables us to take better care of others. Based on latest research about emotional intelligence, dynamic mindfulness, and social and emotional learning (SEL), an interactive workshop introduces evidence-based strategies to build our personal toolkits for self-care. Follow-up coaching focuses on building consistent practices for adults and extensions for children.

Social and Emotional Learning (SEL) 101

SEL 101 connects the field of SEL to positive youth development, behavior management, character education, and more. Grounded in a dominant framework from the Collaborative for Academic, Social, Emotional Learning, better known as CASEL, the interactive workshop unpacks the "CASEL 5" competencies. Understanding of SEL basics enables youth-serving professionals to amplify what they are already doing to develop SEL competencies and build knowledge and access to resources to integrate evidence-based strategies into their practices. Drawing from guides like [Preparing Youth to Thrive: Promising Practices for Social & Emotional Learning](#) and [Navigating SEL from the Inside Out: Looking Inside & Across 25 Leading SEL Programs: A Practical Resource for Schools and OST Providers](#), participants will leave the session with concrete strategies to try. Follow-up sessions will include detailed planning and implementation support for a comprehensive SEL practice plan.

STEM Skills: Engineering Design in After-School and Summer Programs

This session turns fun building activities into skill-building opportunities in authentic design processes. Participants will learn the engineering design process and learn how to use design in hands-on activities with youth. This workshop will expose participants to the process of engineering through doing: we will dive in to creating together. From this experience, we will see how engineering design can enhance activities, and empower youth to begin creating for their own purposes.

Trauma-Informed and Healing-Centered Approaches

More than 50% of children have experienced at least one traumatic experience, and many children live with persistent trauma that impacts their social, emotional, physical, and academic well-being. This session will equip leaders and front-line staff to better understand trauma, establish strategies for supporting youth who have experienced trauma, and use a healing-centered approach that focuses on young people's assets rather than their negative experiences.

Youth Development/Social and Emotional Learning (continued)

Understanding and Minimizing Implicit Bias

Implicit bias is a natural element of human behavior, but there is work we can do to minimize it. During this session, participants will develop a foundational understanding of implicit biases: where they come from and how they impact us. We will then identify ways to combat biases in our work and personal lives.

Understanding Mental Health

Many leaders are recognizing that mental health needs of youth (and staff) are impacting their programs and services. Drawing from insights from the Mental Health First Aid curriculum, this learning module addresses the trends in various age groups and communities as well as practical tools to utilize within programs to support strong mental health and recognize when additional supports are needed.

Understanding the NYS School-Age Child Care (SACC) Regulations

Ideal for new site directors and front-line staff alike, this learning module provides an overview of the NYS SACC regulations to support staff compliance with all health, safety, and program quality requirements.

Valuing and Celebrating Our Religious Diversity through Religious Literacy

Nearly 315 religions and denominations exist in the United States alone, and as a result of this increasing diversity in American public schools, the National Council for Social Studies (NCSS) has long held the belief that they should be a key part of the social studies curriculum. To meet this mandate, there is a great need for teacher access to high quality religious literacy training across the US. The NCSS states that "knowledge about religion is not only a characteristic of an educated person, but necessary for effective and engaged citizenship in a diverse nation and world." Charles Haynes, director of the Religious Freedom Center in Washington, rightly asserts that "millions of parents from diverse religious backgrounds entrust the education of their children to the teachers in our nation's public school" and that "teachers need to be fully informed about the constitutional and educational principles for understanding the role of religion in public education."

This workshop will train administrators, educators, guidance counselors, and youth workers how to talk and teach about religious diversity in a public school setting. The incorporation of religious literacy mitigates faith based prejudice and discrimination as well as create harmonious school communities.

Communication and Partnership Strategies for Schools and Community Organizations

School/community partnerships are critical to providing a well-rounded, effective set of services to youth. However, challenges are bound to arise given conflicting regulations, funder expectations, and cultural norms. In this session, youth development and/or school professionals will learn how to use enhanced communication practices to support deeper partnerships. Participants will also learn how to facilitate great partnership meetings and move diverse partners to action.

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Diversity, Equity, and Inclusion 101

In this workshop, participants are introduced to the key components of DEI to strengthen these practices in their professional and personal lives. Through interactive activities and community connection, this session aims to support individuals who are new to DEI or looking to reinforce their knowledge with hands-on instruction. We'll examine foundational definitions and history related to equity, and unpack unconscious biases through examinations of privilege and power.

DEI for Managers

In this session, managers will build upon their foundational knowledge of DEI concepts, from the lens of a people manager to consider hiring and onboarding practices. They will review existing practices and consider ways to strengthen their leadership role and advance equity in their organization, including through feedback spaces and performance reviews. Finally, participants will begin action planning to bring their learnings into their everyday practice.

Effective Staff Coaching for Managers

The ability to inspire staff while setting a high bar for expectations is critical in youth programs. Leaders must navigate between being approachable and motivating while holding the team accountable for quality and results. In this learning module, we'll work together to shape your coaching and leadership style.

Management and Leadership (continued)

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Foundations of Anti-Racism

What is the difference between being not racist and anti-racist? In this session, we will explore the answer to the question, building an understanding of the history of racism and how we can combat racism today. The group will learn different perspectives on racism from leading experts, and create action steps to further their own anti-racism efforts.

Giving and Receiving Feedback

In this session, participants will reflect on how they both give and receive feedback, and how they can improve upon giving feedback to others. The group will also learn a feedback model and practice applying it to real life scenarios they bring to the session. Finally, participants will learn tools and strategies to create a practical application in their day-to-day work, including conversations around power dynamics and effective communication.

Grant Writing 101

Learn the art and science of writing an effective grant proposal to a foundation, corporation, or government agency. Topics include best practices for grant writing project management; unpacking an RFP; maximizing the points allocated to your proposal; and developing a strong budget.

How to Lead Effective Professional Development

Effective professional development requires more than clever and crucial content - engaging facilitation and a well-organized structure are essential features to any presentation. In this session, individuals and groups seeking to develop their facilitation skills for meetings, trainings, and presentations will learn ready to use techniques for crafting and executing highly engaging, effective, and inclusive professional development. We'll cover well-established best practices and common pitfalls, and give participants the opportunity to put their learning to the test by receiving personalized real time feedback.

Management and Leadership (continued)

How To Motivate and Move People to Action

Whether trying to motivate your staff to improve program quality, or working on increasing parent engagement, youth development leaders are often faced with the task of encouraging program stakeholders to take action. In this session, you will learn effective ways to motivate your teams and other stakeholders, ultimately moving people to action. You will leave the session with the tools and resources needed to get the job done.

Introduction to Change Management

This session will share the change management cycle framework and provide space for participants to reflect on their own views and approaches in handling change. Managers will learn strategies for leading through change and develop three new practices/mindsets related to change management.

Introduction to Leadership

This module will help participants reflect on the core elements of positive leadership and how their personal experiences impact their beliefs. Various approaches and styles may exist within an organization or team, causing potential conflict but also incredible opportunity for collaboration. It is important to recognize strengths and areas of growth as a leader, in order to maximize our impact on others. Participants will assess their own personalities and styles and leave with a clear sense of their leadership assets and opportunities for continued growth.

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Mindful Communication for Teams

While communication is a cornerstone of any positive work environment, in youth serving organizations, it is also a powerful skill being developed within participants. As professionals we need to collaborate and connect with others, and we want to hone those traits in young people as well. Mindfulness practices can help strengthen one's ability to actively listen and effectively communicate with peers. These resources can support participants' personal development as well benefit the culture of a program.

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