



Sample of a Reach Academics 6-Hour Workshop

All school workshops include preliminary conversations with the Head of School and/or Senior Administration aimed at incorporating specific school needs.

School faculty and administration participate in teaching survey via SurveyMonkey (2 weeks before the workshop date)

8:30 – 9:00

Breakfast

9:00 – 9:30

Introductions

Names

Book Overview

Reading: Introduction

What is the role of a school today?

Why do we teach?

TEACH-R Definition

Importance of Relationships

9:30 – 10:15

Time to Connect (SEL)

Learning and the Brain

Importance of Connection

Measuring the Student-Teacher Alliance

In/Visibility

Case Study: Connection

10:15 – 10:30 BREAK

10:30 – 11:15

Time to Hope (SEL)

Be "The One"

How do we persist even during the challenging times?

Faith is from the soul; belief is from the mind

Hope is about seeing what really matters

Rita Pierson – Every Child Needs a Champion

Chris Ulmer Recognizes the Best in Everyone

Case Study: Hope

Hope Board

11:15 – 12:00

Time to Reflect (SEL)

Guided meditation #1

Mindfulness – research results and how to incorporate personal reflection time

Journaling v. Facebooking

Redefining Time

Power in pausing

12:00 – 12:45

Lunch – Time to Connect

1:00 – 1:30

Time to Connect (SET)

There's no "I" in Teach: Collaborative or merely Collegial?

What Connection among colleagues really means

Limiting beliefs that impede connection

What teachers need in order to feel more connected

Visibility and work fulfillment

CASE STUDY #1: You're Always Sick

1:30 – 2:00

Time to Hope (SET)

Getting to our highest presentation as teachers

Hope in the face of change

Change cycle – review and apply to new chapter at RHP

Hope and Happiness

Pragmatic Hope

Melioration and Confirmation

Hope v. Faith v. Belief

CASE STUDY #2: The Oversharing Advisor

2:00 – 2:15 BREAK

2:15 – 3:00

Time to Reflect (SET)

How we can better manage time

We are reflected in student eyes *and* our own eyes

How can our school instill reflection time during the school day?

Who do we choose to be?

How can I be a strong teacher-leader within the community

The Faculty Room

How do we *show up* as a school?

Guided meditation #2

Letter Exercise