



Building Students' Social Emotional Skills

2023-24 Webinar Series for Educators

Post-pandemic, most students' cognitive, social and emotional skills are far behind where they need to be in order to successfully meet academic expectations and social demands. The negative consequences of these lagging skills range from higher rates of anxiety and depression, social isolation and loneliness, a lack of engagement in school, and a backward slide academically. This webinar series is designed to provide educators with specific strategies, steps, and resources to build the skills that serve as the foundation for success in school and in life. All live webinars will take place from 3:45-4:45pm EST and recordings will be available for 30 days following the live webinars.

September 28th, 2023

Executive Function Skills: Improve Focus, Attention and Decrease Impulsivity

October 17th, 2023

Social Awareness and Interpersonal Skills

November 14th, 2023

Self-Awareness and Self-Efficacy

January 18th, 2024

Self-Compassion as the Foundation for Connection

February 6th, 2024

Emotion Regulation Skills to Reduce Anxiety

March 7th, 2024

Problem-Solving in the Context of a Classroom Community

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