



## **Whole-Staff Professional Development** *Powered by The 7 Anchors*

A Guided Professional Learning Experience Through The 7 Anchors of Emotional Intelligence™ Training

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Acquire the skills needed to navigate challenges with clarity, confidence, and steadiness. Completing this training reflects your ability to strengthen resilience, build meaningful connections, and contribute to a healthy, supportive school culture.

# WHAT IS THE SEVEN ANCHORS OF EMOTIONAL INTELLIGENCE™ STAFF PD?

The TrueEQ™ Staff Professional Development program provides a clear, practical framework for strengthening emotional intelligence in school environments. Educators progress from awareness to application, building skills that support communication, resilience, and healthy relationships with students and colleagues.

This professional learning experience helps staff apply the Seven Anchors of Emotional Intelligence™ in real-world school settings, strengthening classroom climate, improving collaboration, and contributing to a positive school culture.



## PROGRAM OBJECTIVES

This professional development is designed to give school staff:

-  A deeper understanding of emotional patterns and how they influence interactions with students and colleagues.
-  The ability to recognize unhealthy dynamics and maintain healthy professional boundaries.
-  Practical tools to regulate emotions and respond thoughtfully in challenging moments.
-  Greater resilience when navigating classroom stress, conflict, and daily pressures.
-  Confidence communicating with clarity, respect, and professionalism.
-  Insight into how environment and expectations influence reactions and decision-making.
-  A practical framework for strengthening relationships and contributing to a positive school culture.

## WHO IS IT FOR?

Unlike generic corporate trainings or surface-level EQ courses, The 7 Anchors Training is designed specifically for educators who want practical tools to navigate the emotional demands of school environments. It supports teachers and staff who want to better understand their reactions under pressure, strengthen relationships with students and colleagues, and contribute to a healthy school culture.

Whether you are navigating classroom stress, supporting students through difficult moments, or working to improve communication across your school community, this professional learning experience provides a clear framework for responding thoughtfully, building resilience, and strengthening everyday interactions.

## WHAT IT IS



## WHAT IT ISN'T



## THIS PROGRAM IS IDEAL FOR:

- Educators who want to better understand their reactions under pressure and respond thoughtfully in challenging classroom moments.
- Teachers and staff working to strengthen relationships with students, colleagues, and families.
- Schools seeking practical tools to support communication, collaboration, and a positive staff culture.
- Educators navigating the daily emotional demands of teaching who want greater resilience and steadiness in their work.



*This work equips educators to navigate challenges with clarity, communicate with respect, and contribute to a healthy school culture.”*

## WHY INVEST IN THIS PD?



**Develop greater self-awareness** so you can understand how your reactions influence interactions with students and colleagues.



**Build resilience and confidence** to navigate conflict, uncertainty, and difficult conversations in school environments.



**Strengthen your emotional steadiness** by reducing reactivity and responding thoughtfully in challenging moments.



**Improve communication and relationships** by practicing clear boundaries, respect, and professional collaboration.



**Align your actions and values** to lead with integrity and professionalism in everyday school interactions.



**Prevent burnout and emotional fatigue** by developing habits that support resilience, balance, and long-term effectiveness.

## PD SESSION DETAILS

This 3-hour professional development session introduces educators to The 7 Anchors of Emotional Intelligence™ and their practical application in school environments. Participants explore how self-awareness, resilience, and thoughtful communication influence classroom interactions, staff relationships, and overall school culture.

Through guided discussion and reflection, educators learn practical tools for responding to challenges with greater clarity, reducing reactivity in difficult moments, and strengthening everyday interactions with students and colleagues.



## PD: SCOPE & SEQUENCE

### ➤ Opening & Framing (15-20 minutes)

Establish purpose, norms, and learning posture. Clarity that the session is discovery-based, non-evaluative, and grounded in real working conditions.

#### Focus:

- Psychological safety
- Shared expectations
- Why data and case-based learning matter

➤ **Outcome:** *Participants are oriented, engaged, and ready for sense-making rather than content consumption.*

## ➤ Staff Inputs & Pattern Surfacing (25-35 minutes)

Introduce aggregate staff insights (when available) and/or surface shared staff realities through structured prompts.

### **Focus:**

- Staff experience survey insights (if permitted)
- Shared observation of recurring staff dynamics
- Pattern recognition without interpretation

➤ **Outcome:** *A clear, collective picture of staff challenges grounded in real conditions.*

## ➤ Case Study Analysis & Structured Dialogue (45–55 minutes)

Engage participants in fact-based case studies drawn from real school scenarios. Use guided discussion to examine decisions, responses, and constraints.

### **Focus:**

- Power, hierarchy, and role expectations
- Communication under pressure
- Emotional influence on staff decisions

➤ **Outcome:** *Deepen understanding of how systems and context shape behavior.*

## ➤ The 7 Anchors as a Shared Lens (25–35 minutes)

Introduce the full 7 Anchors framework and apply it as a sense-making tool—not a program or prescription.

### **Focus:**

- Using the Anchors to name capacity gaps
- Connecting real cases to staff capacities
- Building shared language

➤ **Outcome:** *Participants gain a common framework for interpreting complexity.*

## ➤ Application & Transfer to Practice (25–30 minutes)

Translate insights into common language and practices that can be carried back into daily life as a professional educator.

### **Focus:**

- What educators listen for differently
- How responses shift in real time
- Tier 1 applicability across settings

➤ **Outcome:** *Clear pathways for applying learning within existing role constraints and demands.*

## ➤ Integration & Closing Reflection (10–15 minutes)

Consolidate learning and reinforce transfer without introducing new content.

### Focus:

- Key insights
- Shifts in perspective
- What changes in practice

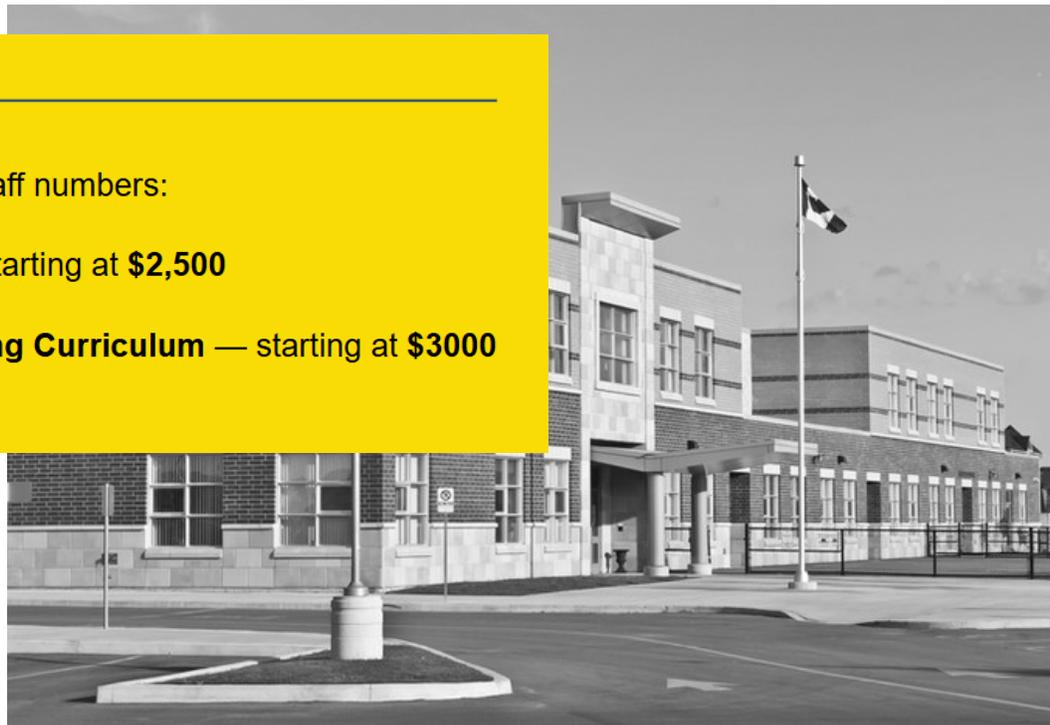
➤ **Outcome:** *Staff leaves grounded, aligned, and equipped with a shared understanding.*

### What's the Cost?

PD investment varies by staff numbers:

**Up to 60 participants** — starting at **\$2,500**

**Include Student Well-Being Curriculum** — starting at **\$3000**



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