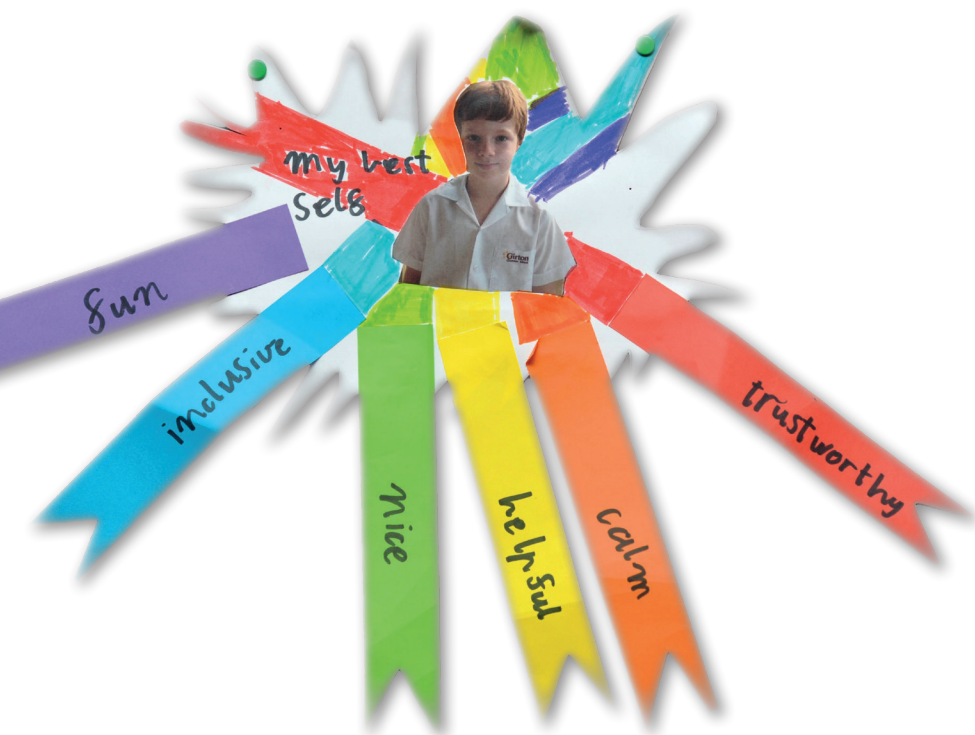




Emotional Intelligence

The Future for Safe, Caring and Effective Schools



ANCHORS OF EMOTIONAL INTELLIGENCE Training

March 19 - 20, 2018

8.30am - 3.30pm

Kooyong Lawn Tennis Club

Yale *Center for Emotional Intelligence*

Girton Grammar
School Bendigo



Emotions matter for all of us and especially for children. How we feel affects our learning, the decisions we make, how we treat others, and our personal well-being.

Emotions drive learning, decision-making, creativity, relationships, and health.

In emotionally intelligent schools, children learn to manage the feelings of anger, disappointment, or shame that might otherwise push them to hurt one another. They learn how to be more empathic and build positive relationships.

Yale RULER Training in Melbourne at the Kooyong Lawn Tennis Club

Yale University will be conducting RULER training for schools, pre-schools, and other educational institutions on March 19 and 20. The “training the trainer” educator and student programs provide educators with the emotional skills they need to become more effective in the classroom. The hands-on activities and tools help educators learn how to harness the wisdom of emotions to decrease stress, manage classrooms effectively, enhance learning, decision-making, and relationships, and improve

academic performance. The programs involve a process where educators hone their own RULER skills and learn how to use the RULER anchor tools to create a caring and supportive environment for emotional literacy skill building. The RULER anchor tools include:

- **THE CHARTER**

As a first step to implementing The RULER Approach, students and their teachers, school leaders and their staff, and families develop Charters—a joint

mission statement for the learning and working environment they pledge to maintain. The focus is on how each stakeholder wants to feel



• MOOD METER

The Mood Meter helps individuals to identify their feelings accurately. Rooted in decades of research, it involves the use of multiple senses to build emotional awareness. Basic activities develop skills in recognizing and labeling feelings; advanced activities develop skills in understanding, expressing, and regulating emotions.

• META MOMENTS

Emotions are adaptive when the information they provide is attended to, interpreted, understood and managed effectively. Meta-Moments are a process that children and adults learn to help them expand the “space in time” between an emotional trigger and a response. Strategies are developed to improve everyone’s reflective practices and problem solving

skills so they can respond effectively to life’s many emotional experiences.

• BLUEPRINT

The Blueprint was designed to help students, teachers, school leaders and family members problem-solve about past conflicts and disagreements, challenging real-time interactions and upcoming difficulties effectively. Students and adults work with each other and independently to actively consider each other’s feelings and perspectives to identify healthy solutions.

THESE PROGRAMS INCLUDE:

The Anchors of Emotional Literacy (K-12)

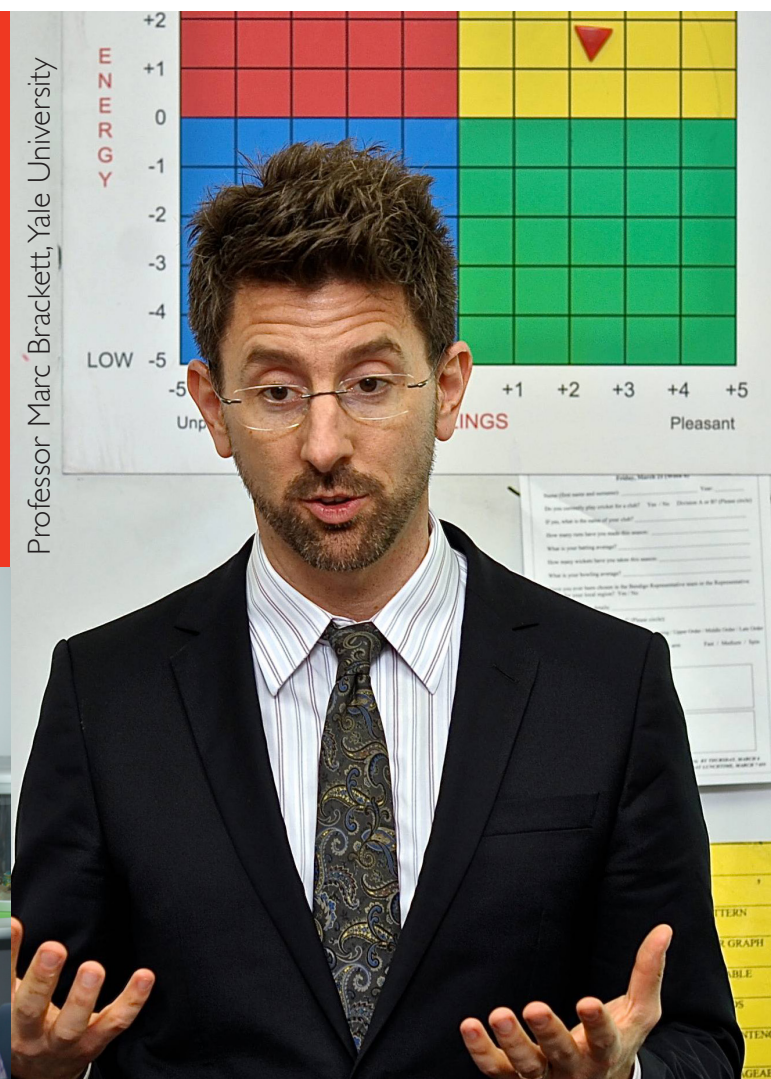
- A step-by-step process for both implementing and sustaining emotional literacy learning and skill-building in classrooms
- A comprehensive, user-friendly manual to support instruction
- Concrete tools that can be implemented immediately into Pre-K to 12 classrooms
- Multiple trainings and professional coaching
- Ongoing support
- Interactive classroom materials



The RULER Approach is an outgrowth of decades of research on emotional intelligence conducted by Yale University’s Centre for Emotional Intelligence demonstrating that emotional skills are integral to learning, making sound judgments, maintaining physical and mental health, and achieving success in school and beyond.

Our sustainable, evidence-based approach helps schools to develop emotional literacy in students and all of the stakeholders involved in their education, including school leaders, teachers, support staff, and family members.

Professor Marc Brackett, Yale University



Cost of training: \$2000 USD per individual for two-day training and one-year implementation support

Train-the-trainer model: RULER implementation teams of three from each K-12 school attend in-person training and then go back to train all school faculty and staff, while being supported by coaching and online resources

2-day training details: Highly interactive, including research, instruction and practice with the AnchorTools, implementation planning time, and ways to engage families

Blendend learning approach: Two online courses available to all school faculty and staff

RULER online community: Online curricular materials and resources accessible to all school faculty and staff

Coaching: Year-long virtual coaching via email hotline

On-going communication and support: Monthly newsletters with implementation tips and resources

Daily refreshments and lunch will be provided during training



Places are strictly limited and preference will be given to teams of 3. Spaces will be allocated according to receipt date of application. If a commitment of 25+ schools is not reached by February 20th, 2018, the training will be postponed to a later date.

Application Deadline: February 1, 2018

Apply at: ei.yale.edu/event/australia

If you would like to see RULER in action prior to the training you are most welcome to visit Girton Grammar School Bendigo. For this, send your enquiries to Mr. Les Evans: lesevans@girton.vic.edu.au.

