

**TWO-DAY INTENSIVE SOCIAL EMOTIONAL LEARNING INSTITUTE**

**Powerful Strategies to Improve  
Social Emotional Learning  
(Grades K-12)**



A Unique Two-Day Live Online Institute Presented By

**Kristin Burke**

Outstanding Educator, Author and National Presenter

Specifically Designed for K-12 SEL Teams, District Leaders,  
Principals, Instructional Coaches, Counselors, Classroom  
Teachers on School SEL Teams

Learn how to organize your Social Emotional Learning (SEL) program based on the tenets of best practices and **leave with a highly effective implementation plan**

Timesaving ways to develop a comprehensive, highly effective plan **whether you are just starting out or looking to take your SEL instruction to the next level**

Acquire **dozens of instantly usable strategies, innovative tips and MINDFULNESS techniques** that support SEL that you can use and share in the classroom, with colleagues, as tools for parents & home-school connection too!

Learn **the most practical strategies for the successful development of a SEL program** and how it can be most effectively integrated into your schools and classrooms

**February 2-3**

**9 AM Eastern**, 8 AM Central,  
7 AM Mountain, 6 AM Pacific

CEUs and Graduate Credit Available  
See page 6 for details

**CAN'T ATTEND?**

Order the recorded version and take the institute online at your convenience (see page 6)

*'Excellent!'*

– KATRINA PAKONEN-HUEBER,  
SCHOOL PSYCHOLOGIST

# Two-Day Intensive Social Emotional Learning Institute

*"I am thoroughly impressed with Kristen as a presenter. Her knowledge and strategies have been instrumental in inspiring me and motivating me to be the best I can be as a teacher."*

-ELISSA FINCH, TEACHER/CASE MANAGER

## A Practical, Two-Day Institute Focused on Strengthening Your Social Emotional Learning Program



Plan to attend as a school team, department team, district team, or as a school/district or teacher leader to gain specific strategies to increase the effectiveness and streamline the planning for your Social Emotional Learning (SEL) program. You will learn how to build on the success of your current program, identify the key components that have the greatest impact on student achievement and find specific areas you need to target for implementation and improvement. Leave equipped with a wealth of the most effective SEL strategies

and perspective supporting immediate application to help you accelerate achievement for all your students, including those who may have experienced trauma or live in constant high-stress environments.

## Develop a Plan to Increase the Effectiveness of your Social Emotional Learning Program

Discover the attributes of highly effective Social Emotional Learning Programs and how you can start or strengthen Social Emotional Learning in your own classroom, grade level, school, or district, including building teacher instructional expertise and developing a comprehensive plan. During the two days, you will learn numerous strategies to maximize achievement for your students. Ideas and tips for planning, scheduling and evaluating will be shared along with specific ideas on the critical Social Emotional Learning skills in order to create a successful inclusive learning environment. You will also receive an extensive digital resource handbook to help you implement all you learn.



### Who Should Attend

K-12 SEL Teams,  
District Leaders, Principals,  
Instructional Coaches,  
Counselors,  
Classroom Teachers on  
School SEL Teams



# Two-Day Intensive Social Emotional Learning Institute

## Here's what you will learn:

- **Key strategies for changing the dynamics** of your classrooms or schools to increase positivity and productivity
- **Improve classroom and school climates systematically** using proven structures and systems successful in any K-12 environment
- Deepen your understanding of **what the SEL core competencies look like** and the best ways to develop them in your learning community
- **Innovative strategies and mindfulness insight to increase students' learning** despite some of the challenges they may face
- Better understand **the process of integrating SEL** into your existing classrooms and schools with **a mindfulness toolkit to reduce disruptive behaviors and empower ALL students**
- Discover models that **integrate the resources you already have to meet both academic and behavioral needs** of your students, teachers, and communities at large
- **Use data to inform (not overwhelm)** your decision making
- **Dozens of strategies, resources, and tools** to use right away with confidence
- Specific steps to **develop a practical, effective implementation plan** that you can rely on throughout your SEL growth process
- **Resources to use** when designing trainings, educating stakeholders, or embedding strategies into your SEL program
- **Powerful tools for all entry points** – whether you're just starting or looking to refine your existing program with more MINDFULNESS
- Discover **strategies for overcoming the challenges** of implementing a successful SEL program
- Practical ideas for **maintaining and sustaining your SEL program**
- Learn **which evidence-based practices are easily and successfully implemented in the real world** faced by today's teachers
- Explore SEL frameworks, compare intervention tools and **leave with a plan that works for you**



*"Very knowledgeable  
on subject area!  
Positive and  
organized."*

– AMIE BUETTNER, TEACHER



# A Message From Seminar Leader, Kristin Burke



## Uniquely Qualified Instructor

**KRISTIN BURKE** is a dynamic, enthusiastic national presenter and seasoned educator. With over a decade of teaching experience and over 3,000 hours of professional development experience, Kristin shares her expertise on working with all students in a variety of settings grades K-12. She believes that equipping students with tools to regulate their emotions, reduce their stress and improve their focus is a survival skill for today's learners, and that schools and districts must respond to this need to maximize students' success. Drawing on her experiences with grades K-12 students, Kristin guides you through confidently establishing and strengthening your Social Emotional Learning program. Kristin is also the author of *Powerful Strategies to Improve Social Emotional Learning*, the digital resource handbook you will receive at the institute, and the creator of the Be Well Now app. Kristin's knowledge, experience and expertise in SEL practices translate into an institute that is jam-packed with great ideas you will want to use immediately to improve student behaviors and increase learning!

Dear Colleague:

In today's schools we must consider so much more than our daily objectives, curriculum maps, and classroom routines if we want to achieve success with all our students. Students across the nation are in need of high quality Social Emotional Learning (SEL). As an experienced SEL educator and mindfulness advocate for grades K-12 students, I stand beside you now and recognize that today you are, in many ways, carrying the weight of the world on your shoulders. The presence of your school community is likely the one constant, dependable structure for your students and it is our most urgent task to implement practices to support the whole child; from academics to social emotional learning, it is our duty.

It is a challenge for many educators to teach social and emotional competencies in any environment. Even from the start of my career, I knew my students needed something beyond academics. At first, I wasn't sure what was missing. I could see in my students a high level of stress with low level skills for self-regulation. This led to my investigation of SEL competencies and how implementing a SEL program integrated with mindfulness impacts our students' ability to focus, reduce stress, and increase desire to achieve. I have done the work of unraveling SEL for you and invite you to join me for an empowering two-day institute designed specifically to further develop your skills in social emotional learning.

Together we can lay the foundation of the best SEL program our students and communities yearn for. Whether you are beginning your SEL journey, or your community is already underway, I will share with you systems, strategies, and resources to empower you and your team as the leaders in Social and Emotional Learning. During our time together, I will positively influence any learning environment grades K-12 and it will empower you to confidently influence your colleagues as you walk away with more clarity of purpose and strategies that work!

My goal for our time together is that you will be supported to truly take your SEL program to the next level. You will gain many new, practical tools and a precise plan for implementation of an SEL program based on the latest research and best practices with consideration for current real-world demands and challenges your community could present. I am thrilled and honored to join you in your Social Emotional Learning development!

Sincerely,

Kristin Burke

**P.S.** You will leave this institute with **dozens of practical ideas and an extensive digital resource handbook** to help you implement the strategies as soon as you return to your school!

# What Your Colleagues Say About Kristin Burke

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*"I am thoroughly impressed with Kristen as a presenter. Her knowledge and strategies have been instrumental in **inspiring me and motivating me to be the best I can be as a teacher.**"*

– Elisa Finch, Teacher/Case Manager

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*"Kristin is so knowledgeable, approachable, and inspiring! It was **2 days full of practical and applicable information. Can't wait to get back to school and try it all out!**"*

– Judith Fernstrom, School Counselor

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*"**Wonderful training filled with tangible and practical strategies for staff and students. I enjoyed the hands-on approach** with the training and that we got to learn the 'why' behind the strategies. It feels great knowing we've gained an ally long-term, as well!  
THANK YOU."*

– Kiersten Margolit, School Social Worker



## About BER Institutes

### Outstanding Instructors

All programs are led by outstanding BER national trainers.

### Extensive Resource Handbooks

You'll have access to an extensive digital Resource Handbook before, during and after your institute.

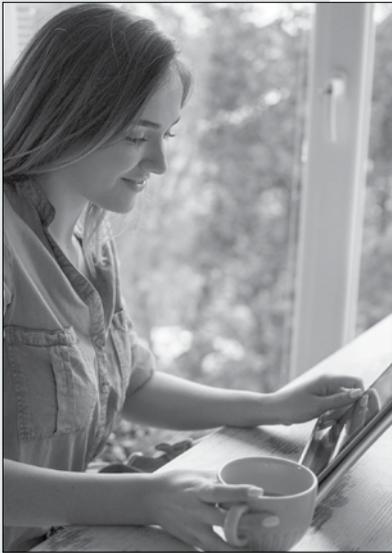
### Highly Interactive

You'll be able to ask questions in real time and interact with the instructor and other participants.

### Program Guarantee

As we have for 45 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

# Special Benefits of Attending



*Great ideas and hands-on activities.*

– ANISSA MOORE, EDUCATIONAL SPEAKER/CONSULTANT

## On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies. The handbook includes:

- Models of successful SEL programs
- Rubrics to assess your current level of success and strategies to further your implementation
- Charts and reproducibles for organizing your plan
- Tips for communicating with colleagues, families, and your community

## Consultation Available

Kristin Burke will be available to answer your specific questions and the unique needs of your own program.

## Meet Inservice Requirements / Earn State CEUs

Participants of both the Live Online Institute and those completing the Recorded Version online can receive a certificate of participation that may be used to verify ten continuing education hours. In addition, state CEUs are available for both versions of the course. For details, visit [www.ber.org/ceus](http://www.ber.org/ceus)

## Earn One to Four Graduate Semester Credits



Up to four graduate level professional development credits are available with an additional fee and completion of follow up practicum activities. Details may be found at [www.ber.org/credit](http://www.ber.org/credit)

## Can't Attend?

### Other Professional Development Options:

#### Recorded Version of the Institute

Order the recorded version of this institute to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, please visit [www.ber.org/credit](http://www.ber.org/credit)

#### Related On-Demand Online Courses

A related On Demand Video-Based Online Learning course, *Motivation, Mindset and Grit: Practical, Proven Strategies to Increase Learning*, for Grades K-12, is available for immediate registration. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

# Powerful Strategies to Improve Social Emotional Learning (Grades K-12)

## Registration (ALZ3W1)

1. **February 2-3, 2023** (Start time: 9 AM Eastern)  
— or —
2. **I'd like to order the recorded version of this institute**

FIRST NAME _____	M.I. _____	LAST NAME _____
POSITION, SUBJECT TAUGHT _____		GRADE LEVEL _____
SEMINAR NUMBER: _____ (Please see list above)		

*List additional registrants on a copy of this form*

SCHOOL NAME _____	
SCHOOL MAILING ADDRESS _____	
CITY & STATE _____	ZIP CODE _____
SCHOOL PHONE NUMBER _____	HOME PHONE NUMBER _____
(       )	(       )

**Registration confirmations and login details are sent via e-mail**

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT) _____	
HOME MAILING ADDRESS _____	
CITY & STATE _____	ZIP CODE _____

## IMPORTANT – PRIORITY ID CODE: EALZ3W1

Fill in the six digit number on the mail label next to the word "ID" or on your email

### METHOD OF PAYMENT – Team Discount Available

The registration fee is \$595 per person, for teams of three or more registering at the same time, the fee is \$545 per person. **Payment is due prior to the program.** No cash please.

- A check (payable to **Bureau of Education & Research**) is attached
- A purchase order is attached, P.O. # \_\_\_\_\_  
(Be sure to include priority ID code on the P.O.)
- Charge my:     MasterCard     VISA     Discover
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(Found on back of card)

Please print name as it appears on card

### FIVE EASY WAYS TO REGISTER:

-  **REGISTER ONLINE** at: [www.ber.org](http://www.ber.org)
-  **EMAIL this form to:** [register@ber.org](mailto:register@ber.org)
-  **PHONE toll-free: 1-800-735-3503**  
(Weekdays 5:30 am - 5:00 pm Pacific Time)
-  **FAX this form to: 1-425-453-1134**
-  **MAIL this form to: Bureau of Education & Research**  
915 118th Avenue SE • PO Box 96068  
Bellevue, WA 98009-9668

### Program Hours

All Live Online institute start times are described on the cover  
Check-in 15 minutes prior to the institute  
Institutes are five hours in length plus breaks per day  
Registrants will receive login information by email four days before their institute.

### Fee

The registration fee is \$595 per person, \$545 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.** Fee includes institute registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Institutes or Recorded Institutes.

### Cancellation/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the institute. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

### Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

### Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at [www.ber.org](http://www.ber.org). The Bureau is North America's leading presenter of PD training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.



ALZ3W1

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**Two-Day Social Emotional Learning Institute**  
**Powerful Strategies to Improve Social Emotional Learning**  
**(Grades K-12)**



**An outstanding two-day Live Online Institute**

**Includes an extensive digital Resource Handbook**

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**Improve Social Emotional Learning**

ALZ3W1



Bureau of Education & Research

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