

Creating equity–centered social–emotional learning development.

The T–SEL professional development program offers **workshops, coaching, and an online course** full of interactive, reflective exercises and resources, including sample activities and lesson plans to support teachers ability to effectively implement T–SEL strategies in their classroom and personal life.

THE WHY

Teachers equipped with knowledge and tools for social–emotional development can better **protect themselves against burn out and support students'** with skills needed to thrive both inside and outside of the classroom such as:

- Increasing self–awareness,
- Coping with emotional stress,
- Setting and tracking personal and collective goals,
- Avoiding peer pressure to engage in harmful activities,
- Developing the “soft skills” required of many jobs, such as teamwork, problem solving, and the ability to understand others.



THE APPROACH

T–SEL is **people work**. Our approach is conversational, innovative, and empowering. We focus on student and adult SEL through **experiential learning activities, data analysis, authentic reflection, class observations and more.** We help maximize teachers' time and resources by tailoring strategies to their existing curriculum, unique schedules, and class needs.

Visit www.cityteachingalliance.org or Email tssel@cityteachingalliance.org