

# CULTIVATING ADULT SEL



## Individual Enrollment

*option includes:*

### 6 self-paced, virtual learning modules

An introduction to adult SEL and deeper dives into each of the 5 core competencies of SEL. Modules include videos, reading, and activities and last 30–60 minutes each.

### Downloadable tools

Personal reflection exercises, application activities, and discussion guides to use with colleagues who are also enrolled in the series.

### Evidence of completion

Verified certificate stating 6 hours of professional learning

### Best for:

- self-guided professional learning
- professional learning communities

\$175 per individual

15% off for groups of 8+

30% off for groups of 40+

\$1500 for the facilitator's package

## Facilitator's Package

*option includes:*

All content from the series, plus...

### Participant Resource Book

This downloadable 55-page book includes all text and tools from the series, you can distribute digitally or print for your professional community.

### Guidance and Support for Facilitation

- Recommendations for pacing, leading discussion, and learning from participants.
- Example survey for measuring participant growth and progress toward goals.
- Discussion boards for questions and communication with CASEL and other series facilitators.

### Additional School Leader Module

Shareable 1-hour self-paced companion module tailored to the roles and responsibilities of school leaders.

### Best for:

Leading professional learning for staff members within a school, district or youth-serving organization. Learners **do not** need to be individually enrolled.

## Enroll Now:

**[bit.ly/sel-for-educators](https://bit.ly/sel-for-educators)**

contact [professionallearning@casel.org](mailto:professionallearning@casel.org) for purchase order payments and groups of 40+