

Training Institute Outline

Topics

Learning Objectives

Welcome and Orientation

Meet your RULER trainer and get to know your cohort

- Understanding your role in bringing RULER to your school community

Building a foundation with the principles of emotional intelligence

Understand the value of emotions and emotional intelligence

- Embodying the RULER principles in your work

Application of the RULER tools to develop and practice RULER skills

Learn how to integrate RULER in your school community

- Building a positive climate with the Charter
- Practicing the RULER skills with the Mood Meter
- Defining your best self and managing strong emotions with the Meta-Moment
- Resolving conflict with the Blueprint

Planning for school-wide RULER implementation

Begin planning for RULER Implementation

- Creating a plan for staff learning and practice
- Utilizing the RULER Online platform and coaching
- Planning ahead for student and community implementation and innovation