



“THE MOST EFFECTIVE TIER 1 INTERVENTION FOR EVERY STUDENT IS AN EMOTIONALLY HEALTHY EDUCATOR LIVING OUT THEIR CALLING WITH PASSION.”

--ADAM L. SAENZ, PH.D., PSYCHOLOGIST

The **Heart-Smart Classroom**™

The **Heart-Smart Classroom**™ is a two-day professional development that empowers educators to internalize and then model social and emotional learning (SEL).

Students are facing levels of volatility, uncertainty, complexity and ambiguity as never before. As a result, our classrooms are becoming the front lines of mental health intervention.

The **Heart-Smart Classroom**™ is an immersive, two-day training that empowers educators with a an SEL toolset that yields two incredibly valuable results. First, as educators engage personal application of emotional intelligence, they report increased vocational satisfaction, effectiveness, and sustainability. Second, as educators model SEL skills to their students, they become living SEL interventions across all campus settings, and SEL becomes infused in the campus culture.

The **Heart-Smart Classroom**™ is rooted in neuroscience, statistically-sound psychometrics, and educational best-practice. As participants engage this two-day experience, they position themselves and their students to achieve peak performance in both relational and task demands.

Learning Objectives: Participants will...

- Gain an understanding of how their personality style presents strengths and weaknesses in their classroom leadership (using the *EASEL* assessment). Construct personal development plans to increase self-awareness and minimize the effects of personal fears, blind-spots and biases in interpersonal interaction.
- Develop a personal and group roadmap for healthy stress management and coping. Utilize the flight-or-flight model to proactively strategize adaptive responses while social contracting to avoid maladaptive, toxic responses.
- Understand the dynamics of effective relationship building and the neuropsychology of trauma and emotional needs.
- Decrease student off-tasks, non-compliant behavior, including aggression, by modeling and shaping emotional regulation strategies
- Implement communication strategies that build relational connection, especially across diverse ethnic, socioeconomic, generational, and gender backgrounds.
- Increase student prosocial peer interaction via the use of social contracting and restorative justice practice
- Decrease power struggles and behavior spikes through early intervention and de-escalation strategies.

Call: 979-587-4454



The Heart-Smart Classroom™ FAQs

Who should participate?

Here's the short answer: anyone working with students. The Heart-Smart Classroom was developed to equip any adult with a skillset that will increase their knowledge of themselves and their effectiveness with students. This means bus drivers, paraprofessionals, counselors, classroom teachers and administrators—all school district employees—are excellent candidates for the training.

Can you train my entire campus?

We'd love to! The training is most effective when conducted with groups of 50 or fewer, so if your campus fits that number, we can train everyone in a single, two-day experience. If your campus is larger, we can either bring multiple trainers to train the entire group in concurrent sessions over two days, or schedule multiple two-day trainings across the semester or school year.

Can you train my entire district?

We'd love that even more! In fact, we believe (because the research tells us) that the interventions and techniques presented throughout The Heart-Smart Classroom are most effective when they are implemented consistently district-wide. Implementing The Heart-Smart Classroom at a district-level is only possible across a multi-year implementation plan. We'll begin with a comprehensive needs assessment to make sure The Heart-Smart Classroom supplements and does not supplant any SEL or positive behavior supports already in place in your district.

The Applied EQ Group

The Applied EQ Group was founded by author and psychologist Adam L. Saenz, Ph.D. As a licensed psychologist and licensed specialist in school psychology, Dr. Saenz has worked in the education and mental health fields for over twenty years. He has worked in collaboration with the College of Education at Texas A&M University, including the Department of Human Resource Development, The Department of School Psychology, and the Department of Research, Measurement and Statistics. He has also lectured in the graduate school at Texas A&M's Mays Business School. He has delivered state national keynote addresses based on his research, which focuses on stress management, the dynamics of effective relationship building, personality assessment, and emotional intelligence. Among his publications are the best-selling *The Power of a Teacher*, *Relationships That Work*, and his most recent release, *The EQ Intervention: Shaping a Self-Aware Generation Through Social and Emotional Learning*.

The Applied EQ Group's training team consists of doctoral and master's level practitioners with intervention experience across educational settings. The Educator Assessment of Social and Emotional Learning—the backbone of Applied EQ Group's intervention—is a psychometrically validated measure of personality, emotional intelligence and vulnerability to stress. The instrument was developed by Dr. Saenz in collaboration with K-12 classroom teachers and administrators across the country. Findings of the instrument's psychometric properties and applications for use in educational settings are submitted for publication to the American Education Research Association.

The Applied EQ Group has worked with the following organizations in Texas: The Texas Association of School Psychologists, Texas Elementary Principals and Supervisors Association, and Texas Association of Secondary School Principals. We have worked with the following national organizations and institutions: National Association of Elementary School Principals, American Association of School Personnel Administrators, and the Association for Career and Technical Education.

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