



# Professional Learning Services for Educators

**Four Oaks collaborates with school districts across the state of Iowa to help increase the capacity of educators in meeting the social, emotional, behavioral, and health (SEBH) needs of their students. We provide customized workshops and coaching & consultation services for Iowa schools.**

## Workshop

### Trauma Informed Topics for Schools

Introduction to developmental trauma, ACEs, basics of neuroscience, toxic stress, trauma informed core values, window of stress tolerance, co-regulation, trauma triggers & re-enactment...the journey to becoming a trauma sensitive school.

### Restorative Practices and Circles

Intro to Restorative Practices; enhancing school culture and relationship building for students & staff. Using Circles to build community, trust, accountability, empathy, emotional safety and resolving conflict.

## Offerings

### Space Making

Mindfulness, self regulation, mind-body awareness; designing classroom environments for optimal learning; creating 'space' for cultivating connection and resilience.

### Social and Emotional Learning

Cooperative learning and engagement strategies that promote opportunities for developing social and emotion skills during core instruction times (Tier 1 integration); aligned with the CASEL 5 SEL Competencies (Iowa's new SEBH guidelines, ESSA accountability).

## Coaching & Consultation

A recent report from SAMHSA on Implementation Science and Practice in the Education Sector highlights **“ongoing consultation and coaching” as an essential strategy to achieving desired results.** We offer a variety of coaching options including: SEL and trauma informed practices for individual or teams of teachers, non-evaluative observation and debriefing, long range planning & goal setting with leadership teams, and consulting with administration on development of MTSS for SEBH.

## Feedback on PL from a few of our Partners

**For More Information**  
contact us at:

[FOeducation@fouroaks.org](mailto:FOeducation@fouroaks.org)

"The community building circle cohort has been the most important PL I've done all year."  
Mount Pleasant Community School District

"I appreciate you taking the time to connect with me and offer suggestions and support. Our district is fortunate to have your knowledge, wisdom, and leadership. I look forward to continuing working with you as we dive deeper into trauma and SEL."  
Newton Community School District

"Thank you for taking time to teach us today! These sessions are some of the most relevant PD this year, and honestly just in general with the mental health issues older kids struggle with. I appreciate that we are spending the time on this issue- ya'll have been great to work with!"  
Newton Community School District

"Thank you for a very informative and useful session. All of the sessions this year have been wonderful."  
Ft. Madison Community School District