



Social Emotional Character Development Workshop

What is Social Emotional and Character Development (SECD)?

Social and Emotional Learning is instruction in the standard mental and emotional development of the “Life Coping Skills” that a child would naturally realize as a result of a healthy socialization process. It encompasses the five core competencies that are referred to as “The CASEL 5 (CASEL, 2021)” which are “*Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making*. And **Character Education** is coaching designed to cultivate the adoption of key values that promote an innate sense of morality.

Social and Emotional Learning + Character Education = SECD

These two precepts form **Social Emotional and Character Development (SECD)** which is designed to *empower youth to mature in self-management skills and acquire a healthy viewpoint of the world around them, while utilizing their talents and abilities to serve mankind as directed by a valorous moral compass.*

Benefits of SECD

SECD can lead participants to a goal-oriented mindset enabling them to develop a life of focused excellence. Statistics show that the development of SECD skills can lead to;

- ★ Reduced aggression and emotional distress among students
- ★ Increase helping behaviors in school
- ★ Improve positive attitudes toward self and others
- ★ Increase students' academic performance by 11 percentile points

A 2017 study by the University of Illinois at Chicago, Loyola University, and the University of British Columbia showed that Social and Emotional learning (SEL) programs have shown to produce immediate improvements in mental health, social skills, and academic achievement and continue to benefit students for months and even years to come.

<https://casel.org/wp-content/uploads/2016/01/meta-analysis-child-development-1.pdf>

For more info or to schedule a workshop contact us at:

(724)923-0900

or via email @ shawn@boxofinnovation.com

Our Workshops

include lessons on;
Personal Development
Self Actualization

- ★ Brain Development/Neuroplasticity,
- ★ Skills Mastery
- ★ Growth versus Fixed Mindset, etc.

all to engage participants in self-exploration. This affords participants to reflect on foundational beliefs, behaviors, past successes and failures in accordance to the newly introduced premises associated with SEL and Character Education. Viewing their goals, habits, effort level and mindsets through these concepts often allows them to self-diagnose and self-prescribe solutions that empower development of the competencies and core values connected with positive personal development.

It is easier to raise Strong Children than to repair Broken Adults!

-Frederick Douglass