

Trainings that create community

Whenever CDS's [Megan Pell](#) began a virtual training session for educators last year, she and her fellow [Delaware Positive Behavior Support Project](#) instructional coaches would invite audience members to reflect on their current emotional states.

Whenever their CDS colleague [Sarah Mallory](#), an assistant professor at UD, ended a virtual training session on autism, she and her team would devote half-an-hour to meeting with attendees to discuss real-world applications.

Providing educators with such foundational support, then focusing on proven strategies the educators could employ with their students, made trainings from Pell, Mallory and other CDS professionals personal yet practical amid the pandemic.

"We check in to create community," says Pell. "Those calm moments can help educators and other professionals stay grounded in unsettling times and non-traditional training settings."

"We spent a lot of time organizing our trainings to ensure attendees could walk away and use what they learned," says Mallory.

[Capital School District](#) Supervisor of Instruction Jocelyn Brown says she adapted activities from CDS training sessions to use in meetings of school-based mental health teams.

"We decided to practice what we preach," says Brown. "When you're taking care of your own emotional health, you become a model and you also become available to support others."

...de professional learning to build edu
...city to support students' SEL

relationships

te SEL into In-Person

Equitable Learning E

y Signs of Trauma & Men

t Grieving Stud



CDS Instructional Coach Megan Pell works to help educators stay grounded in unsettling times.