



# Complimentary Professional Development for Educators Technical Assistance Program (TAP)

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

## Teach Self-awareness, Self-management & Calming Strategies

Wednesday, February 26, 2025

8:30-11:30 or 12:00-3:00

Presented by Lydia M Sandoval, M.A.

Graduate Certificate Applied Behavior Analysis (ABA), Trauma Support Specialist (CTSS), former Registered Behavior Technician (RBT), Technical Assistance Program (TAP) Consultant, CES Ancillary Behavior Management Specialist

Start 2025 with easy to embed Social Emotional Learning strategies to support student mental wellness. Administrators, teachers, paraprofessionals, and ancillary professionals are welcome to join this live virtual zoom webinar. I will share my experiences as Behavior Management Specialist, and why I focus on Self-awareness and Self-management strategies when working with staff and students who are struggling in their classroom setting. Self-awareness begins with understanding physiology behind our behaviors. Our students need to learn about the many self-management strategies which will help with daily stressors and anxiety. I will provide many calming strategies with self-management strategies to support healthy emotional regulation.

The PM session is the same as the AM session. A Survey will be posted in the zoom chat at the end of the presentation. You must complete the survey to receive a Certificate of Completion. You can join the PM session if you miss part of the AM session.

AM Click



[HERE](#)

OR

PM Click



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