

FREE SEL VIRTUAL TRAINING SERIES

FOR WASHINGTON STATE PRIVATE SCHOOL STAFF

Learn practical, brain-based strategies for all
6 Washington SEL Standards.



WHAT YOU'LL LEARN

- ✓ The neuroscience behind behavior, stress, and trauma
- ✓ Practical tools aligned to all 6 Washington SEL Standards
- ✓ Brain-based strategies that strengthen emotional regulation and connection
- ✓ Simple ways to increase engagement and reduce behavior disruptions
- ✓ Tools that support both student success and staff well-being



TRAINING SCHEDULE

1



WEDNESDAY,
AUGUST 12, 2026



9:00 AM – 12:00 PM

WASHINGTON SEL STANDARDS 1–3

- Self-Awareness
- Self-Management
- Self-Efficacy

2



MONDAY,
NOVEMBER 9, 2026



4:00 PM – 6:00 PM

WASHINGTON SEL STANDARD 4

- Social Awareness

3



TUESDAY,
FEBRUARY 23, 2027



4:00 PM – 6:00 PM

WASHINGTON SEL STANDARD 6

- Social Engagement

4



WEDNESDAY,
APRIL 21, 2027



4:00 PM – 6:00 PM

WASHINGTON SEL STANDARD 5

- Social Management



REGISTER TODAY!

Space is limited.
Reserve your spot!



9 CLOCK HOURS OFFERED

1 clock hour offered
per hour.
Total of 9 clock hours.

SCAN TO REGISTER FOR EACH SESSION

WEDNESDAY,
AUGUST 12, 2026



STANDARDS 1–3

MONDAY,
NOVEMBER 9, 2026



STANDARD 4

TUESDAY,
FEBRUARY 23, 2027



STANDARD 6

WEDNESDAY,
APRIL 21, 2027



STANDARD 5



LYNDSAY MORRIS

Founder of Generation Wellness



**GENERATION
WELLNESS®**

PRESENTED IN PARTNERSHIP WITH

OSPI



Washington Office of
Superintendent of
PUBLIC INSTRUCTION



Generation Wellness is a training company that helps schools build a common understanding of the brain to teach peace, increase engagement, and decrease behavior referrals.

Since 2013, Generation Wellness has equipped more than 500,000 students, staff, and families with practical tools to regulate the nervous system, strengthen relationships, and navigate everyday challenges.