



INGREDIENTS OF BEING HUMAN

20 Hours of Professional Development
Virtual Program

I invite you to work with me to explore the following topics together. We will meet six times for 1.5 hours virtually. Our work will consist of some work before our sessions as well as learning collaboratively together. This program is meant to support all of us to help us build together, so we can be better for our students, and build support for each other.

Testimonial - Jen M. High School Educator

We, as educators, are mostly in this profession because of our love of children. Teachers can become jaded because of what they are faced with daily. After a long time, those difficulties layer up, like an onion.

This class helped remove those layers and got to the root of why we are here for our students and is a great reminder of being there for them. We discussed topics where we were all vulnerable and not judged.

Session 1: Emotions

Session 2: Bias / Stereotypes

Session 3: Difficult conversations

Session 4: Integrity, Allyship, Consent

Session 5: Identity / Mental Health Stigma

Session 6: Shame, Guilt, apologies

If interested - [Schedule a discovery call with Lorraine](#)

THE INGREDIENTS OF BEING HUMAN

Courage, Vulnerability, Empathy, Growth



Courage

"Strong back, soft front, wild heart."

-Brene Brown, *Unlocking Us* Podcast

Ability to make mistakes

Willingness to forgive

Opportunities to listen

Seeing differences

Vulnerability

"Control leads to compliance, autonomy leads to engagement."

-Daniel Pink, *Drive*

Ability to apologize

Willingness to accept responsibility

Opportunities to reflect

Seeing paths to inclusion



Empathy

"Great minds think differently"

-Brad Gustafson, *Renegade Leadership*

Ability to ask consent

Willingness to be an outsider

Opportunities to be an ally

Seeing identities

Growth

"Make three mistakes per day."

-Diana Kander, *Professional AF* Podcast

Ability to grow from mistakes

Willingness to see fear as a gift

Opportunities to challenge normalcy

Seeing the potential of failure



LEARN MORE THIS FALL WITH LORRAINE CONNELL
LORRAINE.CONNELL@PEERS-NOT-FEARS.COM

