



Complimentary Professional Development for Educators Technical Assistance Program (TAP)

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

Supporting Emotional Growth: Teaching Self-Awareness and Self-management

Wednesday, January 28, 2026

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 2026 with practical strategies that strengthen student mental wellness.

✦ **Invest in your students' well-being—and your own—by fostering self-awareness and self-regulation**

In this interactive training, you will learn how to embed **Social-Emotional Learning (SEL)** practices into your classroom to better support students' emotional growth. As a Behavior Management Specialist, I will share insights from working directly with teachers and students in challenging classroom settings—and why **self-awareness** and **self-management** are essential skills for reducing stress, building resilience, and improving classroom climate.

- Discover the **physiological connection** behind behaviors.
- Explore simple, effective **self-management strategies** for students.
- Practice a variety of **calming techniques** to help regulate emotions and reduce anxiety.
- Take away **ready-to-use tools** you can apply immediately in your classroom.

This session will equip you with strategies that not only support your students but also strengthen your own ability to manage classroom challenges with confidence.

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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