

# SOCIAL-EMOTIONAL TRAINING

FOR STUDENTS  
EDUCATORS +  
PARENTS



**TOP 20**  
**TRAINING**

Transforming American Education

# BRING TOP 20 TRAINING TO YOUR SCHOOL

Individual topics that are incorporated into training sessions include:

## Living Above the Line - How Our Thinking Governs Our Experience

Focuses on becoming aware of our thinking so we know when it is working in our best interest and when it is not working in our best interest.

## Knowing How to See Things Differently – The Frame

Examines why we are getting the results we are getting out of life, the power of curiosity, our tendency to blame because we need to be right, and strategies for seeing things differently.

## Creating a Culture of Safety and Trust

Presents four components necessary for a highly effective culture: helping others succeed, communicating 'You Matter,' honoring the absent and owning problems.

## Reducing Negativity – Eliminating Thought Circles and Tornadoes

Provides awareness and means for reducing negativity in our thinking and social conversations.

## Learning from Mistakes and Moving Outside Our Comfort Zone

Identifies messages received, beliefs we've formed when we made a mistake, and effective ways of responding to our own mistakes and the mistakes of others.

## Keeping Stupid in the Box – Eliminating Roadblocks for Success

Explores situations that cause feelings of 'not good enough' or 'not smart enough' and what we can do to minimize the negative impact these feelings have on learning and human development.

## Leading from the Inside Out

Focuses on our individual mission, purpose and values, the conditions that get us off track, and how we can keep our main thing the main thing.

## Engaging Disengaged Students

Examines the causes for student disengagement in school and how we can minimize their negative effect.



Tom Cody & Kevin Brennan lead a professional development session.

## Creating Safe Connections That Foster Student Engagement

Considers how classroom processes engage or disengage students and provides specific activities for enhancing engagement.

## Focusing and Listening in the Zone

Identifies five levels of listening and techniques for being more focused and staying in the Zone.

## Resolving Conflict Heart-to-Heart

Presents a new way to see conflict, strategies for making conflict situations productive for all involved, and a process for preparing for effective conflict resolution.

## Sending Messages That Foster Potential Activating Beliefs

Examines the influence messages have on forming self-limiting beliefs, three laws of belief, and a process for reducing the negative impact of potential-limiting beliefs.

# TRAINING SESSIONS

## For Educators

- Creating a Culture of Learning
- Engaging Disengaged Students
- Discovering the Power of Choice
- Being an Effective Teacher for 21st Century Students

## For Parents

- Guiding Our Children through Life's Challenges

## For Adults in the Workplace

- Creating an Effective and Healthy Workplace Culture

## For Students

- Becoming the Best Version of Ourselves

# BECOMING A TOP 20 SCHOOL

Schools interested in becoming a Top 20 School are provided with training and materials for students, parents, staff and faculty enabling them to implement and practice twenty concepts, principles and strategies. During this three-year project, the Top 20 team provides consultation, materials, and support to help the school create a safe, healthy and effective culture of learning.

- Three-Year Process
- Implementation of twenty Top 20 concepts
- Professional training of all school personnel
- Ongoing consultation with a Top 20 Senior Facilitator
- Access to all Top 20 books, curriculum, and resources
- Student retreats for grades 5-12: Becoming the Best Version of Ourselves
- Parent Journals covering all twenty Top 20 concepts and strategies to help parents implement at home

# PRICING

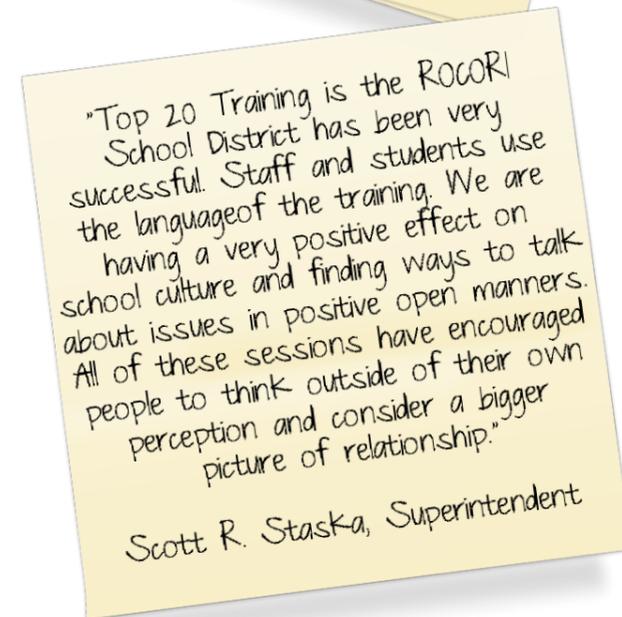
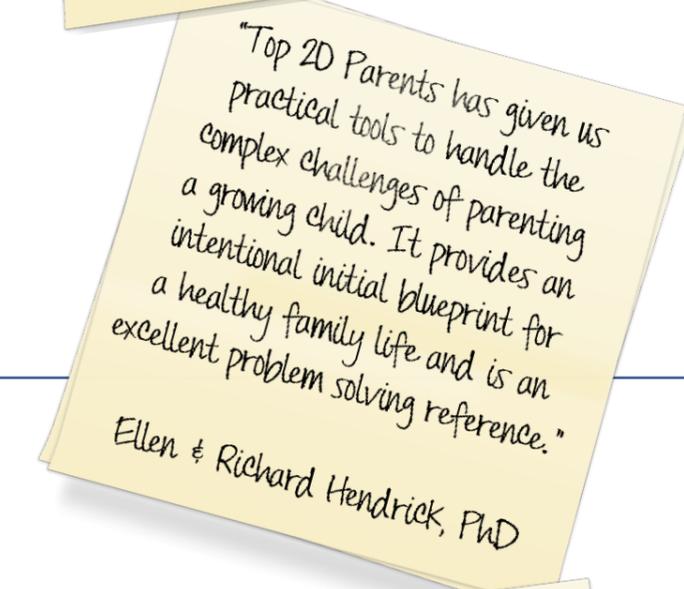
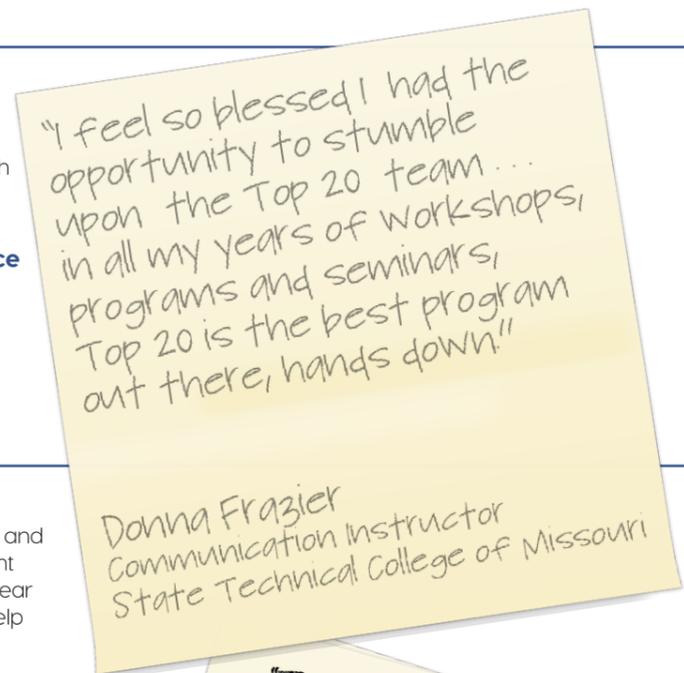
Pricing for training is determined by:

- length of presentation (keynote, half-day, full day, multiple days)
- travel expenses
- number of trainers

Contact us for more information and schedule your training.



Willow Sweeney & Paul Bernabei instruct a group of teachers



Willow Sweeney

Paul Bernabei

Tom Cody

Kevin Brennan

# OUR MISSION

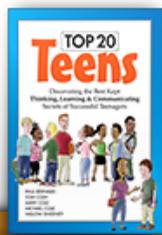
Top 20 Training's Mission is to empower youth and adults to make a positive difference in the quality of their lives, relationships and experiences.

Since 2000, we have been listening to the challenges of students, parents, educators (we have trained over 500,000 teachers), coaches, and other adults working in a variety of businesses and organizations nationwide. Our trainings and resources provide easily understood and immediately applicable social-emotional and academic concepts. These concepts and strategies help individuals and groups address these challenges by thinking, learning and communicating more effectively and by identifying habits and practices that limit the development of human potential.

# BOOKS

## Top 20 Teens

Discovering the Best-kept Thinking, Learning and Communicating Secrets of Successful Teenagers.

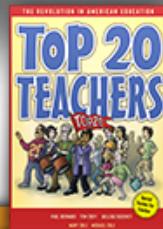


## Top 20 Parents

Raising Happy, Responsible and Emotionally Healthy Children. For parents of eight-year-old children and younger.

## Top 20 Teachers: The Revolution in American Education.

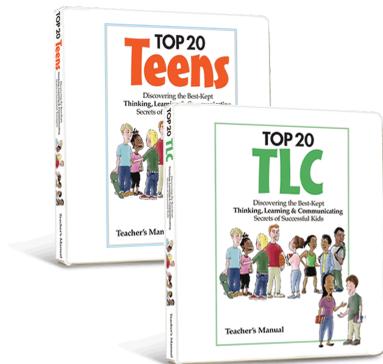
Provides practical strategies and tools for creating a safe culture in schools where children and adults can enjoy working and learning together.



## Why Students Disengage in American Schools and What We Can Do About It

Examines the causes of disengagement and presents practical ways to minimize it.

# CURRICULUM



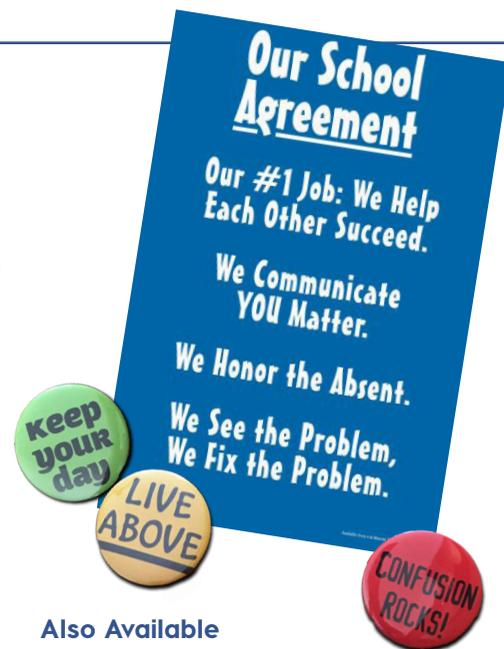
## TLC Teacher Manual for Grades 3-6 and 7-12

The Teacher Manuals contain detailed lesson plans for 30 Top 20 concepts and strategies. Each lesson includes a handout that can be copied for students. The manual also includes five classroom processes that help bond the students into a respectful and unified team.



## Top 20 K-6 SMART Board Curriculum

This SMART Board Curriculum is a program designed to help students expand their learning habits while minimizing negative mental habits. Each grade level follows the same calendar, covering nine Top 20 topics, so that multiple grades can learn topics at the same time. Thinking, Learning, and Communicating (TLC) skills help students discover the power they have within themselves to develop their potential and make choices that enhance the quality of their lives, relationships, and experiences.



## Also Available

- Top 20 Morning Announcement Calendar
- Top 20 Classroom & School Agreement Posters
- Top 20 Parent Journal
- Top 20 Staff Journal
- Top 20 Buttons

