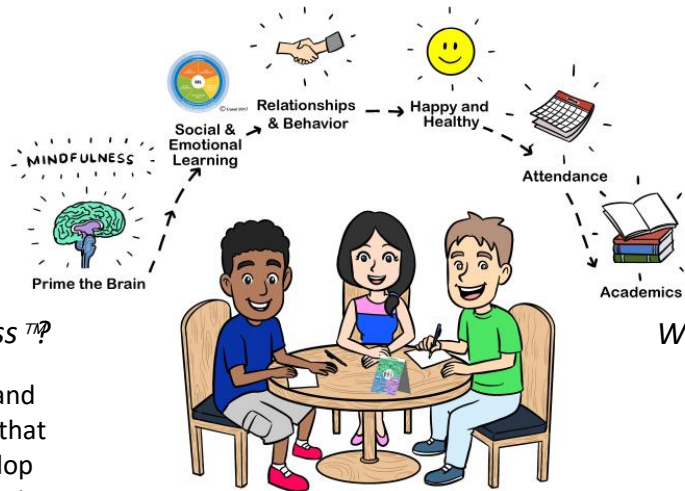


1-2-3 Wellness™

Welcome! You are invited to read a bit about the 1-2-3 Wellness™ program on the following pages. We look forward to hearing from you at your convenience.



What is 1-2-3 Wellness™?

A trauma-informed, social and emotional learning program that empowers learners to develop internal resources which give rise to healthy habits and connected relationships.

Why 1-2-3 Wellness™?

With stress, depression, trauma and challenges related to the pandemic on the rise, schools deserve an inspirational, transformative program to support all learners in developing lifelong skills related to SEL & well-being.

Who is 1-2-3 Wellness™ for?

All stakeholders: students, educators, administrators & families. Student and adult well-being serves as the foundation for healthy and connected learning!

When can you begin the process?

Start learning today.

What does the research say?



Research from UCSD reveals 1-2-3 Wellness™ student benefits:

- Social and Emotional Learning
- Behavior
- Mindfulness
- Overall Well-being

UCSD research also reveals educator benefits:

- Stress Reduction
- Mindfulness
- Healthy Learning Environment
- Relationship Building
- Meeting Student SEL Needs
- Overall Well-being



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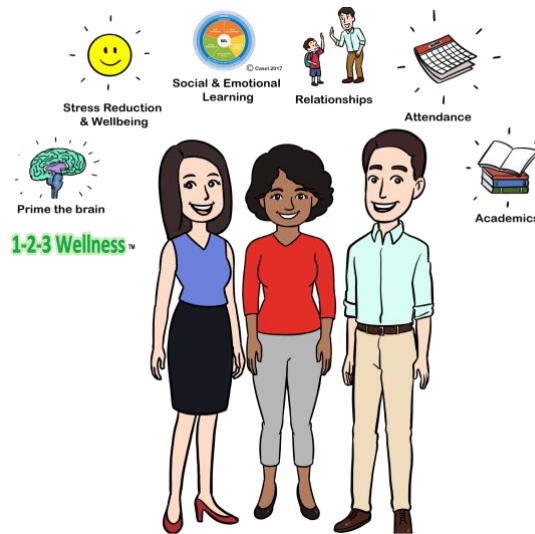
**We Create
Healthy, Happy,
Thriving Schools**

Examples Experiences and Topics

As long as certain key components are followed with fidelity, the program offers flexibility and choice to honor your unique strengths and meet your unique needs. Together, we can craft a customized plan which incorporates many of the experiences and topics below.

Self-Care Vision

Together, we take powerful steps to make social and emotional learning (SEL), self-care, mindfulness and trauma informed practices come to life. As part of the experience, participants are introduced to the core 1-2-3 Wellness™ practice which empowers them to make well-being, stress reduction, self-care and connected relationships come to life in their daily experience. Participants are guided and supported as they begin crafting their own self-care plan.



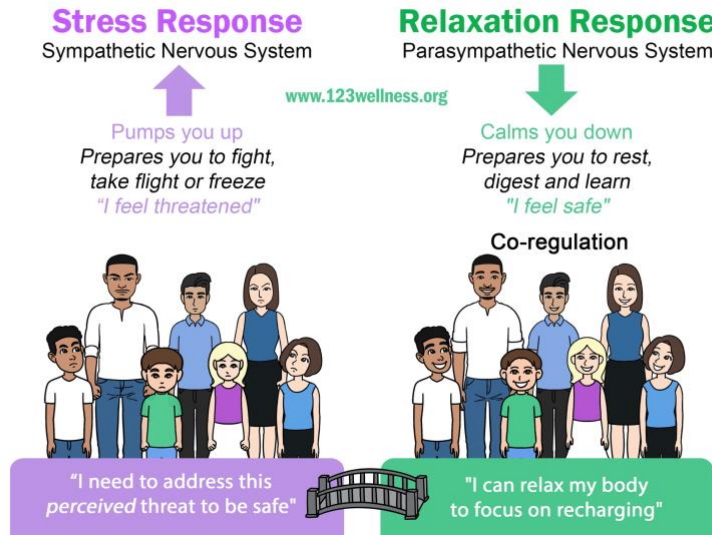
Self-Care Tool Kit

Participants are introduced to *dozens of simple, yet powerful self-care practices*. Foundational information and experiences are also introduced via a “connections toolkit” inviting participants to *reimagine self-care* and well-being while focusing on the *vital role that key components can play* in daily success.



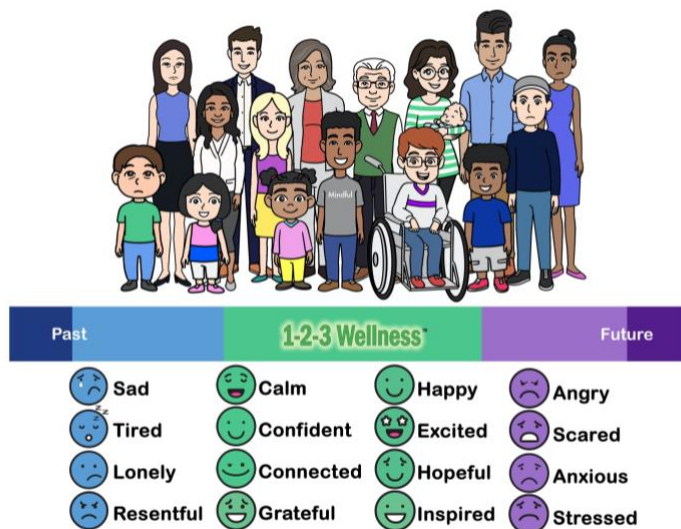
Processing Stress in Healthy Ways

Together, we will increase our capacity to cultivate of safety and connection with intention. Driven by neurobiological research, participants are guided through an experience fostering growth in their capacity to *process stress in healthy ways*. Participants will also learn practical ways to processing *thoughts* in ways which invite calm.



Mindfulness and Processing Emotions in Healthy Ways

Participants are provided with tools to *develop mindfulness* through intentional practices and *process emotions* in ways which propel well-being. Vital topics including self-compassion and appreciation are also addressed.



Developing a Trauma-Sensitive Lens

Participants will gain access to tools which allow us to create daily practices *which bring trauma-sensitive work to life* guided by empathy and hope. In this interactive experience, participants are taught a *simple, yet powerful equation (EEE) to change how we think about and respond to trauma* guided by a *strengths-based approach*.

Shifting to a Trauma-Informed Lens



Thriving

This opportunity invites participants to *make powerful connections, collaborate with one another and overcome challenges* with practical solutions. Guided by seminal and cutting-edge research, participants will understand how individuals, whether or not they have experienced trauma, can *become transformational characters*. In this interactive workshop experience, participants will be able to reflect and build upon a personalized self-care plan they have created as part of this 1-2-3 Wellness™ learning experience. Participants are guided to think beyond practices, or tools, to opportunities to *create sustainable systems*.



Holistic Resources and Support Package

Many customized learning opportunities include the 1-2-3 Wellness™ *holistic resources and support package* featuring five core, research-based components.

Professional Development – Professional development, presented via Zoom video conferencing, focuses on empowering adults with tools to further develop their own self-care. Research-based sessions empower participants with simple, yet powerful tools helping them bring social and emotional learning, self-care, trauma-informed practices and mindfulness to life.

Online Learning Resources- Complementing PD sessions, twenty-one short video modules (averaging 5 min. per video) support team members in developing their own well-being and core competencies related to social and emotional learning.

Personalized Wellbeing Plan- Everyone who participates in the entire series will be guided in creating her/his own personalized, practical wellbeing plan to support *their own* needs as leaders who serve staff and pupils contending with trauma and other impacts of COVID-19 within the school community.

Ongoing Support Including Responsive Coaching- Each participant will have regular opportunities to ask questions, celebrate success and brainstorm solutions to problems with a 1-2-3 Wellness certified coach through group Zoom sessions to support continued success.

Electronic Resources- Each team member will receive two research-based e-workbooks, electronic posters and other resources with dozens of practical SEL and wellbeing tools. Schools and organizations that purchase a youth package will also receive support geared towards youth of all ages including lesson plans, resources and professional development. To ensure program fidelity, *school or community sites wishing to implement 1-2-3 Wellness with youth must receive official, site-specific training from 1-2-3 Wellness professionals.*

1-2-3 Wellness™

Professional Development Topics Include:

- Social and emotional learning (SEL)
- Mental health & overall wellbeing
- Trauma and the brain
- Power of safety and connection
- Collective trauma (COVID-19 specific)
- Responding to stress in healthy ways
- Mindfulness
- Self-Care
- Supporting individuals exposed to abuse & neglect
- Self-compassion
- Culturally responsive approaches

Outcomes

Each participant will:

1. Receive PD and resources for staff to address stress, trauma and other impacts of COVID-19 on the school community.
2. Successfully learn and model a three-step, research-based process for cultivating daily wellbeing.
3. Be prepared to teach the three-step process for cultivating daily wellbeing to five additional colleagues.
4. Create a wellness log detailing their journey with a focus on SEL and effective wellness tools.
5. Learn multiple ways the five core competencies of SEL identified by CASEL (Center for Academic Social & Emotional Learning) can be leveraged amid COVID-19 and beyond.
6. Learn how to apply practical skills related to trauma and the brain, healthy ways to respond to stress, supporting others exposed to abuse and self-compassion.
7. Be equipped with research-based resources involving dozens of wellbeing practices found to produce significant benefits for social and emotional learning (SEL), mindfulness, attendance and more.
8. Understand and apply triune brain-based tools to a real school challenge with a focus on promoting safety, connection and learning.
9. Learn & apply skills related to stress tolerance with a focus on collective trauma.
10. Understand how data related to SEL and can be collected and applied to enhance wellbeing outcomes.
11. Connect previous knowledge related to social and emotional learning and wellbeing to new learning with a focus on opportunities to apply expertise to support their county office of education.
12. Develop a personalized wellbeing plan to support the development and maintenance of calm and emotional presence when working with staff and students.

Complementary, Flexible Resources

What is the complementary role of the program?

The 1-2-3 Wellness™ program, offered by GrowthWell LLC, serves as a complementary support for the tremendous work orchestrated by teachers, administrators, mental health providers, COE professionals and other caring adults in schools and organizations. The 1-2-3 Wellness™ program is an educational program intended to serve as a part of a larger framework of support orchestrated by schools and organizations. The program is not intended to replace other vital supports or to treat or diagnose any illness. Trained participants are welcome to share individual program resources with others with the acknowledgment that the fidelity of the 1-2-3 Wellness™ program occurs when the program is used in its entirety, complete with ongoing professional development and the full spectrum of resources and in conjunction with the support of your organization's educational and mental health professionals. All resources and information provided via the 1-2-3 Wellness™ program are entirely voluntary and individual participants are encouraged to use, or not use, different resources according to what supports their unique well-being needs. Please reach out to 1-2-3 Wellness™ staff at any time and please continue to consult educational and mental health professions as part of ongoing efforts to meet student and other stakeholder needs.



Why does 1-2-3 Wellness™ start with building a foundation of ADULT well-being?

As the saying goes, “one cannot pour from an empty cup”. Vast bodies of research highlight that when adults are able to self-regulate and stay centered, their calm can positively influence others via a process called “co-regulation”. Effectively, the moment we begin to work on adult well-being, we ARE also beginning to positively impact student well-being. The two are interconnected.

Not only are adults "modeling" certain behaviors, others, including youth, can sense their emotional states, whether consciously or unconsciously. At times, people can sense whether others' stress responses (sympathetic nervous system) are activated or not, whether that person is regulated (balanced parasympathetic and sympathetic activation) or dysregulated.

Youth who are in the consistent presence of adults who are able to self-regulate become better equipped to successfully navigate challenges related to behavior, emotion regulation, relationship building, academic success and beyond. Thus, adult self-care is foundational and transformative. Equipped with vital resources and knowledge related to self-care, adults will significantly increase their capacity to help co-regulate and empower youth. We look forward to the opportunity to connect with you soon and thanks for all that you do!