



IT TAKES TWO WINGS TO SOAR

Like an eagle soaring on two powerful wings, our students need dual support to rise above the challenges left in the pandemic's wake—a reality more evident than ever in today's classrooms.

The academic wing equips students with essential knowledge and skills, while the social-emotional wing provides the lift necessary for true growth and resilience.

WHAT YOU'LL LEARN

The Academic Wing

- Strategies to increase academic press
- Tailored instruction techniques responsive to students' emotional readiness
- Approaches to build academic confidence and enhance motivation
- Steps for creating psychologically safe and supportive learning environments

The Social-Emotional Wing

- Trauma-informed teaching strategies to meet students where they are
- Practical methods to help students rebuild peer relationships and social skills
- Classroom tools to manage anxiety and reduce stress
- Proven techniques for nurturing emotional resilience and self-regulation

WHY THIS IS IMPORTANT

The pandemic has reshaped the educational landscape, leaving students to navigate not only academic setbacks but also unprecedented challenges to their mental health. The rise of social media during periods of isolation has further amplified issues like anxiety, depression, and comparison culture, compounding the stress students face in and out of the classroom. These factors underscore the inseparable link between academic success and social-emotional well-being.

Research reveals that addressing academic challenges without attending to emotional health is like trying to fly with one wing—it's an incomplete effort that risks leaving students grounded. Our workshop introduces the "Two Wings to Soar" framework, a holistic approach that equips educators to support both academic recovery and social-emotional growth. By addressing these interconnected needs, we can create the lift students require to thrive in an increasingly complex world.



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SOAR WITH US