



Pymble Ladies' College

Emotional Intelligence

The Future for Safe, Caring and Effective Schools



Monday 29 February to Wednesday 2 March 2016

EMOTIONAL | INTELLIGENCE | TRAINING



Yale RULER Training at Pymble Ladies' College

Pymble Ladies' College will be hosting RULER training for schools, pre-schools, other educational institutions and business entities in Sydney from Monday 29 February to Wednesday 2 March (inclusive). The "training the trainer" educator and student programs provide educators with the emotional skills they need to become more effective in the classroom. The hands-on activities and tools help educators learn how to harness the wisdom of emotions to decrease stress, manage classrooms effectively, enhance learning, decision-making, and relationships, and improve academic performance.

The programs involve a process where educators hone their own RULER skills and learn how to use the RULER anchor tools to create a caring and supportive environment for emotional literacy skill building. The RULER anchor tools include:

The Charter

As a first step to implementing The RULER Approach, students and their teachers, school leaders and their staff, and families develop Charters—a joint mission statement for the learning and working environment they pledge to maintain. The focus is on how each stakeholder wants to feel.

Mood Meter

The Mood Meter helps individuals to identify their feelings accurately. Rooted in decades of research, it involves the use of multiple senses to build emotional awareness. Basic activities develop skills in recognising and labelling feelings; advanced activities develop skills in understanding, expressing, and regulating emotions.

Meta-Moments

Emotions are adaptive when the information they provide is attended to, interpreted, understood and managed effectively. Meta-Moments are a process that children and adults learn to help them expand the "space in time" between an emotional trigger and a response. Strategies are developed to improve everyone's reflective practices and problem solving skills so they can respond effectively to life's many emotional experiences.

Blueprint

The Blueprint was designed to help students, teachers, school leaders and family members problem-solve about past conflicts and disagreements, challenging real-time interactions and upcoming difficulties effectively. Students and adults work with each other and independently to actively consider each other's feelings and perspectives to identify healthy solutions.

*Emotions drive learning,
decision-making, creativity,
relationships and health*



**Professor Marc Brackett,
Yale University**

The RULER Approach is an outgrowth of decades of research on emotional intelligence conducted by Yale University's Centre for Emotional Intelligence demonstrating that emotional skills are integral to learning, making sound judgments, maintaining physical and mental health, and achieving success in school and beyond.

Our sustainable, evidence-based approach helps schools to develop emotional literacy in students and all of the stakeholders involved in their education, including school leaders, teachers, support staff, and family members.

Emotions matter for all of us and especially children. How we feel affects our learning, decisions we make, how we treat others and our personal well-being. In emotionally intelligent schools, children learn to manage feelings of anger, disappointment or shame that might otherwise push them to hurt one another. They learn how to be empathic and build positive relationships.

These Programs include:

The Anchors of Emotional Literacy (K-12)

- A step-by-step process for both implementing and sustaining emotional literacy learning and skill-building in classrooms
- A comprehensive, user-friendly manual to support instruction
- Multiple trainings and professional coaching
- Concrete tools that can be implemented immediately into Pre-K to 12 classrooms
- Ongoing support vis-à-vis webinars and online communities
- Interactive classroom materials



For the most effective implementation we recommend teams of two or more people attend the training.

If you would like to see RULER in action prior to the training you are most welcome to visit Girton Grammar School, Bendigo or Pymble Ladies' College, Sydney.

Send your enquiries to:

Mr Les Evans
lesevans@girton.vic.edu.au

or

Ms Sara Lindsey
slindsey@pymblelc.nsw.edu.au

Please return this form to:

Sara Lindsey

Pymble Ladies' College
slindsey@pymblelc.nsw.edu.au

PO Box 136
North Ryde BC
NSW 1670
Australia

Or use this link to complete the form online:

www.pymblelc.nsw.edu.au/ruler



Pymble Ladies' College

Attendance Form

School/Organisation:

Attendee Names: 1.....
2.....
3.....
4.....

Address:
.....

Phone:

Email:

Places are strictly limited and preference will be given to teams. Spaces will be allocated according to receipt date of application. Cost of training is \$2000 + GST per individual for three days training and the ongoing support previously mentioned. Upon acceptance of an application a deposit of \$500 per School/Organisation will be required.