

## 2026-2027 Community Program Offerings

### Mentor Programming



**Workshops**

#### Foundational

- EQ as a Lens for Mentorship
- Foundational EQ
- Leading with Heart: Modeling EQ for Kids
- Understanding, Nurturing and Practicing Series:
  - Self-Awareness
  - Self-Management
  - Relationship Skills and Empathy
  - Responsible Decision Making

#### Communication/Relationship Building

- Active Listening and Problem Solving
- Beyond the Icebreaker: Building Trust that Lasts
- Building My Conversation Toolbox
- Deepening Conversations and Growth Mindset
- De-Escalation: Hacks to Diffuse Conflict and Chaos (new 2026)
- From Outbursts to Barriers: Meeting Big Feelings in Little Bodies
- Healthy Boundaries and Strong Relationships: Guidance without Overstepping
- Helping Kids Feel Seen: EQ Tools for Fostering Belonging (new 2026)
- Helping our Kids Navigate Social Media and Screen Time
- Listening Between the Lines: How to Hear What's Not Being Said
- Listening that Changes Lives: How to Help Kids Feel Truly Heard (new 2026)
- The Long Game: Cultivating Patience in Relationship Building
- Mentorship in Motion: Achievements, Challenges, and Next Steps
- Presence in Practice: Reading, Responding, Reflecting
- Reaction vs. Response
- Renewed Connection: Building EQ in Fatherhood
- Repairing after Rupture: How to Rebuild Trust when Things go Wrong (new 2026)
- Saying the Right Thing When You Don't Know What to Say (new 2026)
- Solution-Centered Conversations
- Words that Work: Using Language to Connect, not Correct



## Building Perseverance and Resilience with your Mentee

- The Art of Co-Regulation: Helping Kids Borrow your Calm (new 2026)
- Confidence: Let's Try and Fail at Something
- Cultivating Independence
- EQ as a Tool for Motivation
- Helping Kids Follow Through: EQ Tools for Accountability (new 2026)
- Helping Kids Move through Disappointment: EQ Tools for Tough Moments (new 2026)
- Mindset, Habits, and Neuroplasticity
- Setting and Achieving Goals
- Supporting Healthy Risk-Taking: When to Step in and When to Step Back (new 2026)
- Supporting Kids through Transitions: New Schools, New Friends, New Stressors (new 2026)
- Supporting Positive and Adverse Childhood Experiences (PACEs) with EQ
- The Power of Predictability: Routines that Build Safety
- The Power of Yet: Fostering a Growth Mindset
- The Science of Encouragement: What Actually Helps Kids Try Again (new 2026)
- Understanding and Addressing Bullying
- Understanding PACEs & Leveraging Resilience
- What Do You Stand For?

## Mentor Wellness

- Bouncing Back: Transition and Loss
- Building a Support System
- Building My Confidence
- Building My Mindset
- Building My Values
- Cultivating a Healthy Mindset
- Cultivating Realistic Expectations in Mentorship
- Developing a Wellness Plan
- Navigating Challenging Encounters
- Work-Life Balance and Setting Boundaries

## Parent Programming





## Workshops

### Foundational

- EQ: Why Your Kids Need It and How You Can Help
- Parent Superpowers: Creating Positive Experiences

### Communication/Relationship Building

- Calm Starts with Us: Regulation Strategies for Stressful Times
- Deepening Conversations with Our Kids
- De-Escalation: Hacks to Diffuse Conflict and Chaos (new 2026)
- Helping Kids Feel Seen: EQ Tools for Fostering Belonging (new 2026)
- Helping Kids Navigate Social Media and Screen Time
- Listening that Changes Lives: How to Help Kids Feel Truly Heard (new 2026)
- Nurturing Healthy Friendships (new 2026)
- Repairing after Rupture: How to Rebuild Trust when Things go Wrong (new 2026)
- Saying the Right Thing When You Don't Know What to Say (new 2026)
- Solution-Centered Conversations
- Words that Work: Setting a Positive Tone at Home (new 2026)

### Building Perseverance and Resilience with your Child

- The Art of Co-Regulation: Helping Kids Borrow your Calm (new 2026)
- Back-to-School Transitions: Routines & Procedures for Success
- Confidence: Trying and Failing
- Cultivating Independence in Our Kids
- Fostering Independence
- Handling Stress When Expectations Feel High (new 2026)
- Helping Kids Follow Through: EQ Tools for Accountability (new 2026)
- Helping Kids Move Through Disappointment: EQ Tools for Tough Moments (new 2026)
- Increasing Accountability: Helping Kids Own their Actions
- Navigating All Things Homework
- Online and Offline: Helping our Kids Stand Up to Bullying
- Online Safety & Balance
- The Power of Optimism (new 2026)
- The Power of Yet: Fostering a Growth Mindset
- Reducing Test Anxiety through EQ
- The Science of Encouragement: What Actually Helps Kids Try Again (new 2026)
- Setting and Achieving Goals (new 2026)
- Supporting Healthy Risk-Taking: When to Step In and When to Step Back (new 2026)
- Supporting Kids Through Transitions: New Schools, New Friends, New Stressors (new 2026)



- Understanding and Addressing Bullying

## Wellness

- Developing a Personal Wellness Plan (new 2026)
- Developing a Family Wellness Plan (new 2026)

## Teen Programming



### Workshops

- Being the Boss of my Brain: How Do I Keep My Emotions in Check?
- Being an Emotionally Intelligent Leader: EQ Skills for the Next Generation (new 2026)
- Creating “Me”: EQ Tools for Belonging and Identity (new 2026)



- Exploring Careers and Finding My Passion
- Gossip, Bullying, and Peer Pressure, Oh My!
- Heart First: Connection through Empathy
- Help! I'm Glued to Social Media: Am I a Digital Zombie?
- How to Communicate Effectively and Establish Healthy Relationships
- Increasing Happiness and Self-Confidence
- Know Your Feelings: The First Step to Self-Awareness
- Own Your Choices: Decision-Making that Builds Your Future
- The People You Choose: Creating Relationships that Lift You Up
- The Power of Yet: Growth Mindset
- The Power of Our Words
- Reaction vs. Response
- Riding the Waves: How to Stay Steady When Emotions Hit
- Setting Boundaries/Healthy Relationships
- Teen Independence: Being My Own Person in a World Full of Opportunities
- What is My EQ Identity? The Five EQ Skills and Why I Need Them

