



SPRING VIRTUAL TRAININGS



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Helping Others Shine Bright

DE-ESCALATION WORKSHOP

(90 min)

A comprehensive guide to identifying, preventing, and managing escalated/intense/unsafe behavior.

ESSENTIAL BEHAVIOR MGMT. SKILLS

Your staff can train live with Emily from home/school/wherever they are in the world! Get them ready to manage individual and group behaviors with these simple, immediately implementable toolbox skills. For staff who attended in 2025, the “Even More!” course offers a whole new set of skills! (75 min)

ALLYING WITHOUT ENABLING: SUPPORTING PARTICIPANTS WITH AUTISM

Set staff up for success with this session including an overview of potential sensory, communication, and behavioral needs, avoiding stereotypes, structuring predictable interactions, and supporting camper autonomy, skill-building, and independence. (90 min)

PREPARE STAFF TO BE PROACTIVELY RESILIENT & AVOID NEGATIVE THINKING

Train your leaders to teach their staff the skills needed to thrive in demanding settings, including appropriate self-advocacy, mitigating back-to-work anxiety/using time-off effectively, learning to “bounce” instead of getting stuck, reversing negative thought cycles, staying clear of drama, #adulting, and more. (90 min)

UGH, I HAVE TO CALL A PARENT

Prepare staff responsible for communication with camper parents/ guardians to do so confidently and appropriately, with grace and a solid skill set (instead of dread and angst)! (90 min)

LEADING WITH CALM CONFIDENCE IN CHALLENGING MOMENTS

Learning includes: the power of calm and confident leadership, how to model it under pressure, recognizing stress patterns in our own fight/flight/freeze/fawn responses, and an assessment & quick-response framework for grounded leadership. (90 min)

SUPERVISORS' CRASH COURSE

(2.5 hrs)

A quick-paced introduction to leadership styles, supervising/coaching/mentoring, incident response, handling difficult conversations well, and QTMNKTA (questions they might not know to ask). A great way to set up your leaders for success!

CAMPER SUPPORT SPECIALIST COURSE

A comprehensive, positive, proactive training to enhance individualized camper supports within your existing program. Topics include neurodiversity, de-escalation, behavior skills, individual plans, social skill supports, decoding, and more. Ideal for inclusion/MESH/Camper Care staff, behavior specialists, or anyone providing services to campers with high needs. (5 hrs)



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