



Programs and Services

*(Parent Workshops, Professional Development Training,
Youth Programs/Presentation and Adult Workshops)*

PARENT WORKSHOPS

VAEL's parent workshops are design to enlighten and support parents as their child's first teachers. Through the incorporation of research based information and innovative exercises parents learn new strategies to help build their capacity to raise conscientious, compassionate and intelligent young people. The parent workshops are listed below as the following:

- The Adolescent Brain and Academic Achievement
- The Big Leap: Transitioning to Middle School, High School, or College
- Building Effective Communication Skills To Promote Student and School Achievement
- Bullies Bullying Everywhere!!!
- Media in the 21st century and Its Impact on Student Academics
- Encourage The Love of Reading
- Fighting Fair (How to Teach & Model Conflict Management and Resolution Skills)
- Healthy Living Training Series (Part I & II)
- Leadership TRAINING For Parent Organization
- Parents as First Teachers (Part I & II):
 - ✓ Part I: Help Your Unorganized Student Get Organized
 - ✓ Part II: How to Teach Your Student Study Skills and Test Taking Strategies
- Preparing Your Child for Dating
- Promoting Positive Self –Image and Esteem in our Children
- Raising Respectable, Well Mannered Children Helps Impact Students' ACHIEVEMENT (Series Training)
- Sparking Excitement Around Everyday Math
- STEAME Made Fun
- Summer Learn Made Fun (STEAME workshop)
- Super Parents Burnout too!!!
- To Know Me is to Love Me

PROFESSIONAL DEVELOPMENT TRAINING *(FOR EDUCATORS AND PROFESSIONALS)*

VAEL's professional development trainings are design to enlighten, inspire, and equip individuals to make positive changes in their workplace; increase work productivity and customer satisfaction; in addition to mobilizing collaborative partnership and creating an ideal all-inclusive friendly work environment. The professional development trainings are listed below as the following:

- Building Positive Psychological Capital in Your Classroom/Organization
- Business Etiquette 101
- Civility Within the Work Place (Business Etiquette)
- Conflict Management and Resolution Skills
- Cultivating an Attitude of Gratitude In the Classroom/Workplace
- Communications Skills for Managers
- Decision Making and Understanding the Dynamics of Group Decision Making
- Don't Burn Out Ignite (How to Reduce Burnout and Manage Stress in the Workplace)
- Embracing Change
- Going the Extra Mile to Mobilize Stakeholders and Increase Family Involvement
- Managing Change & Resistance
- Mastering WII FM (What's In It For Me)/ Understand the Needs of Others
- Preparing to Lead (Leadership Development for Educators)
- Project & Team Management
- Strategies for Preparing Students for Life Long Learning
- Team Building *(Using MBTI)*
- The Art of First Impressions & Communications
- The Power of Positive Thinking
- Time Management
- To Know Them is To Love Them (Understanding the Souls of Our Children)
- Understanding Learning Styles and Teaching Styles *(MBTI and MMTIC)*
- Watch Your Language: How to Use Effective Communication in the Classroom/ Workplace
- Work, Live, and Play (Maintaining a Balanced Life)
- You, Me and We (For parents and schools)
- You, ME and We (Using MBTI for Organizations)

YOUTH PRESENTATION, WORKSHOPS & PROGRAMS

VAEL's youth workshops and programs are designed to aid 21st century scholars for college, career and world readiness. Our comprehensive programs are strength-based, self-explorative and youth driven to support Common Core and YPQA standards; as well as the needs and interest of the youth. Youth are engaged through the use of various learning modalities such as lecture, group discussions, multi-media usage, and interactive projects. The workshops and programs are listed below as the following:

- The Art of Communication
- Bullies Bullying Everywhere!
- Don't Believe the Hype! (*Exploration of Media*)
- Dream Chasers (*How to live life with purpose, passion, and perseverance.*)
- Fighting Fair (*Conflict Management and Resolution*)
- Game Changers (*Entrepreneurial Skills Development*)
- Getting Gritty (*Building Emotional Intelligence*)
- Image is Everything! Program
- Mastering the Art of Learning
- Maturing with Grace (*Etiquette Training Series*)
- Money Smarts (*Financial Literacy Development*)
- Preparing to Lead in the 21st Century (*Leadership, Team and Character Building*)
- School, Work, and Beyond Program
- Service Learning
- Stress Busters
- The Dating Game
- The Big Leap: Transitioning to Middle, High School or College
- To Know Me is To Love Me
- The Power of Positive Thinking
- Understanding My Worth (*Abstinence, Sex, and STDs Program*)
- What's Happening to Me (*Understanding the Brain, Growth and Development of An Adolescent*)
- 3 L Boot Camp (*Life, Long Learning Program*)
- 5 Ways of Expressing Profound Gratitude to Family, Friends, Colleagues and Others
- 21st Century Job Readiness (*Series of Workshops*)

ADULT TRAINING/ COACHING

- Adopting and Attitude of Gratitude
- Back to the Basics (*Going Green*)
- Dream Chasers
- Don't Believe the Hype (*Developing Media Literacy Skills*)
- Fighting Fair (*Conflict Management and Resolution*)
- Healthy Living Series

- Hula Hoop Dancing For Life (Healthy Living and Fitness Program)
- Live Like You Were Dying
- Memoirs of a Legend (Intergenerational Project)
- Myers Briggs Type Indicator Assessment/Coaching
- Real Time is Face Time (*How to stay connected with Love Ones using today's media devices*)
- Stop and Smell the Roses (Meditation and Mindfulness)
- Stress Management
- Strength Finding
- The Art of First Impressions
- The Dating Game in the 21st Century
- The Intergenerational Project (Bridging the Generational Gap)
- The Power of Aroma Therapy
- The Savvy Consumer
- Two Step (Hand Dance Lessons)

WORKSHOP & PROGRAM STRUCTURE:

Through the incorporation of minds-on hands-on exercises, this workshop is designed to engage participants through the use of the various learning modalities (visual, auditory, kinetics and tactile) which includes: lecture, group discussions (small and large), multi-media usage (*power point, photos, video, music, etc.*) and small projects to ensure participation while reinforcing the session's goals and objectives.

EXPECTED RESULTS:

The facilitator will assess the session's outcomes via formative and summative evaluations. Throughout the workshop, participants' knowledge and skills acquired after key sessions will be assessed by the facilitator. Participants will be asked to demonstrate information learned via individual/group activities and presentations. Additionally, upon completion of the workshop all participants will complete a summative questionnaire that will incorporate both quantitative and qualitative information that will evaluate the program delivery, outcomes, and participant attitudes, knowledge and skills.

For more information or to schedule your training contact:

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