

HOW TO BECOME A BEAUTIFUL ME TRAINED TEACHER



Our highly qualified team of educators and mental health professionals will train your staff to teach Beautiful Me with your students. When possible, we recommend more than one person be trained at each school or site so the program can better sustain itself. Our team is available to train in-person or virtually. We are flexible and want to work with your schedule! **This training is provided at no cost when a site plans to move forward with running their own Beautiful Me groups.** Please call our office at (516) 688-0055 to schedule your training.

PART 1: THE FUNDAMENTALS (90 MINUTES)

Learn the ins and outs of our Beautiful Me program. Part 1 of our training is a presentation on the objectives of Beautiful Me, the methods employed in each section of the program and an explanation of the greater concepts covered relating to self-awareness, self-reflection and social connection. We offer social-emotional learning recommendations that can be used in any classroom. Part 1 also functions well as a professional development seminar for all faculty and staff, even those who do not wish to run the program themselves.

PART 2: THE EXPERIENCE (2-2.5 HOURS)

Enjoy the Beautiful Me program yourself. Any staff member who identifies as female is invited to attend a Beautiful Me group hosted by one of our team members. Experiencing Beautiful Me as a participant provides a deeper understanding of the program and is an emotional wellness opportunity for staff. Please note: Part 1 & Part 2 should be scheduled no more than 2 weeks apart.

PART 3: THE IMPLEMENTATION (45 MINUTES-1 HOUR)

Wrap up and get started with Beautiful Me. Part 3 is designed to tie up any loose ends and discuss how to keep the lessons learned in Beautiful Me going well past your last group. Our team will answer any questions and explain how to move forward with implementing Beautiful Me at your school or site. Part 3 is an opportunity to tailor the program to meet your participants' and site's specific needs.

We are here for you. **Even after training is complete, we are always available to provide support.** If you have any questions, need advice or would like a "refresher" training, please do not hesitate to call our office at (516) 688-0055 or email us at coordinator@hancefamilyfoundation.org. Thank you for bringing our program to your site!

