

THE FLOURISH *lab*

An online professional growth
experience for youth-serving adults



Core Online Programming

Full programming guide coming soon!

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Introduction

What if... you had a roadmap in your pocket to bring out the absolute best in yourself, your team, and your students?

The Flourish Lab is an experiential, social-emotional online learning series designed to positively shift the way adults show up for young people. This hands-on curriculum takes a refreshingly human look at creating positive after-school environments, while supporting social and emotional growth in young people.

In a series of transformative virtual workshops, we learn how to flourish first — before ever asking the youth in our care to do the same. What makes this shine, is an impactful, never-boring, StandUP framework that incorporates 3 pivotal areas of focus:

1

We are passionate about positive **relationships** — what it means to build inspiring connections with young people.

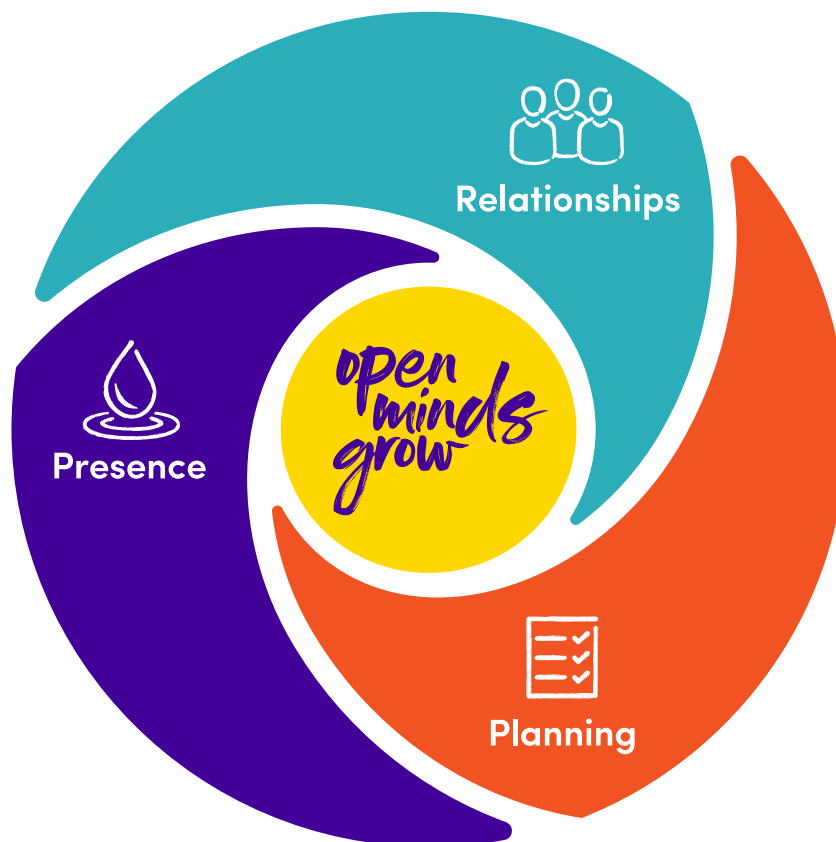
2

We believe at our core, that there is power in **presence** — how adults in the room show up (at their best or worst).

3

We call for inspired **planning** — proactively doing the work up front, to show how much we care.

Together, these practical, easy-to-use building blocks foster highly engaging environments for children of all ages, which when mastered, fundamentally change the way they grow, learn and flourish.



Ignite Workshop

An introduction to The Flourish Lab approach

One 75-minute course

Intro to The Flourish Lab

YOU ARE THE SPARK

As out-of-school-time professionals, what and how you do what you do, matters deeply.

We see and celebrate the lasting difference your hard work makes in the everyday lives of young people.

In this introduction to The Flourish Lab we want to ensure that before ever engaging with young people, every adult has access to expert guidance. Why? To understand how best to work with youth, and experience what a remarkable honor that is. Together we look for ways to practice showing up as our best, by considering three pivotal lenses: **relationships, presence and planning**. What results is a powerful roadmap for positive impact, that begins with you.



Explore Workshops

The Flourish Lab essentials, exploring what it means to focus on relationships, presence and planning.

Three 75-minute courses

Relationships

INVEST IN MOMENTS

We believe relationships are built (or broken), in a series of moments, and that fostering a sense of belonging is essential for all to thrive. Knowing how to build positive, youth-friendly relationships, and understanding exactly what to avoid in the process, is an invaluable skill set for every youth-serving adult.

Presence

SHOWING UP MATTERS

Being truly present means consciously choosing to show up with a heightened level of awareness. And it matters big-time! Positive or negative – the choice is always ours, but either way, count on a ripple effect. Once we understand that our adult actions and attitudes have a direct impact on the youth we serve (and all who support them), we can choose to show up differently.

Planning

CARING ENOUGH TO MANAGE THE DETAILS

It is our job to control the things we can: our lessons, time, space and materials.

Planning ahead with intentionality allows us to focus on children in the moment, which is always the point. The message young people get with each well-thought-out lesson plan, choice of materials, or age-appropriate option, is that they matter. And that's everything at The Flourish Lab.



Deepen Workshops

Take things one step further – dive deeper into specific practices.

Twenty-four 15–20 minute courses

Acknowledging and Validating
WE ALL WANT TO FEEL SEEN AND HEARD

Bank of Trust™
DIVERSIFYING YOUR INVESTMENT

Belonging
THE IMPACT OF DIFFERENCE

Bias (an introduction)
WE ALL HAVE BLIND SPOTS

De-escalation
EVERY BEHAVIOR STARTS WITH A FEELING

Empathy for Others
WHAT IT IS, AND ISN'T

Empathy for Self
SOMETIMES LIFE IS HARD

Goal Setting
A SKILL BUILDING GOLD MINE

Leadership / Adults
CELEBRATING YOUR STRENGTHS

Leadership / Youth
STEP ASIDE!

Lesson Planning
MAKING FUN OF LEARNING

Mindfulness for Youth
THE CALM – FINDING & KEEPING IT

Mindfulness for Adults
COMMITTING TO THE HERE AND NOW

Powerful Feelings
THE TIP OF THE ICEBERG

Problem Solving
GUIDING FROM THE BACK SEAT

Purposeful Pause
STOP. THEN START AGAIN.

Reaction to Response
EMOTIONS ARE HUMAN

Reflection Practices
I CAN SEE CLEARLY NOW

Restorative Practices
CONFLICT IS INEVITABLE

The Ripple Effect
YOU ONLY CONTROL THE DROP

Transitions
CHANGE CAN BE EXPLOSIVE!

Your Values
A GPS FOR WHAT MATTERS MOST

Your WHY
STAYING CONNECTED TO
THE HEART OF YOUR WORK

Youth Voice and Choice
MAKE WAY FOR SELF-EXPRESSION

The Tool Kit

Bring learning to life onsite!

Each workshop comes with both a fun and user-friendly guidebook as well as a set of hands-on tools.

Tool kits could include:

- Posters
- Inspiration cards
- Games
- Journals
- and more!





open
minds
grow

theflourishlab.org