



POSITIVE PATHS

Consultant:

Esther Williams, M.Ed., L.P.C.
1166 Lee Road 112
Opelika, AL 36804

(334) 741-8323
esther@positivepaths.com

All workshops are designed for a full day of activities, but most can be adjusted for shorter presentations.

ACCOMPLISH MORE THROUGH PERSONAL MANAGEMENT

All grades

Are you often overwhelmed by the demands of work, family and personal issues? If you are, this workshop is just for you. You will learn skills to deal with setting goals, prioritizing, communicating effectively, overcoming procrastination, and improving yourself physically, mentally and emotionally. When you have learned to control and organize your life, it will be reflected in improved job performance. Come ready to change.

ADHD AND BIPOLAR DISORDER IN CHILDREN

All grades

ADHD is the most common learning and behavioral disorder in childhood and until recently Bipolar Disorder (BD) in children was thought to not exist. In this workshop, you will learn the diagnostic criteria for ADHD and BD and how to differentiate between these disorders as well as other disorders that are common in childhood and adolescents. The vast majority of children with BD also meet the criteria for ADHD. There is evidence that using traditional stimulant medication with a BD child may worsen his/her manic symptoms and exacerbate the progress of his/her disorder. Understanding these disorders is critical in being able to assist students with the disorder to achieve success in school. This workshop will give teachers a better understanding of ADHD and BD and specific strategies that will help with students with these disorders.

ADHD AND THE LEARNING STYLE CONNECTION

All grades

Attention Deficit Hyperactive Disorder (ADHD) can have serious consequences. Over half the children with ADHD will fail one or more grades in school, and 30 percent will not ever finish high school. This does not have to happen. With insight and information, most of the negative effects of ADHD can be avoided and even turned into real assets. Identifying and addressing learning-style needs greatly enhances progress, especially when dealing with students with ADHD. This workshop will give teachers increased understanding of ADHD and equip them with specific strategies that will increase student motivation and achievement.

ADHD: PRACTICAL STRATEGIES

All grades

ADHD is the most common learning and behavioral disorder in childhood . There are practical, easy strategies that can be employed to make life more successful for the ADDer and less stressful for those who work with him/her. You will learn how to differentiate between ADHD and bipolar disorder and identify other disorders that are often mis-diagnosed as ADHD. This workshop will explore the connection between ADHD and bullying and review the federal laws that apply to students with ADHD including 504 plans and IEP's. You will gain insight into the world of ADHD, information on its diagnosis and treatment, and practical strategies to assist the students in avoiding most of the negative effects of ADHD and help them become the successful people they are capable of being.

BEYOND LEARNING STYLES

Grades 4-12

We all know that children learn in different ways. What we don't all know is how to teach children in their style to best facilitate their learning. This workshop will give you a brief overview of the learning-styles theory, help you learn how to identify a child's style and give you lots of easy, practical techniques to help your students learn more effectively through their own individual learning styles.

BREAKING DOWN THE WALL OF ANGER

All grades

Everyone gets angry; it is how you deal with your anger that matters. This workshop will provide participants with specific strategies that can be used in the classroom for large-group instruction and strategies to deal with specific anger problems. Participants will practice activities designed to help identify how anger affects their lives, what anger is doing for them, and how to deal with their anger in appropriate and constructive ways.

CHARACTER EDUCATION IS MORE THAN SAYING "YES SIR"

All grades

While pressure to improve test scores continues to heighten, we are also asked to teach "good character." With or without legislation, good teachers have always taught honesty, kindness and responsibility. Character education can and should be an integral part of every classroom every day. This workshop will address character education and give simple practical ways of making it a meaningful daily experience for students and staff.

CLASSROOM MANAGEMENT TO IMPROVE CLASSROOM CLIMATE

Grades 4-12

Developing a classroom-management program that focuses on rules and respect creates a climate where academic and social development can flourish. A good teacher produces high levels of student involvement in classroom activities, with minimal amounts of interference. As educators, we know that all skills can be learned and improved upon. This workshop will focus on classroom organization, planning and teaching rules and procedures, maintaining good student behavior, and fostering student accountability.

CRISIS MANAGEMENT: WHEN TRAGEDY COMES TO SCHOOL

All grades

What do you do when a crisis strikes your school, community or school families? It is important for school counselors and teachers to be able to help students cope with tragedies and find a meaningful way to go on with their lives and learning. This workshop addresses three main strategies for crisis management:

- Make your campus safe
- Develop a trauma response team
- Address student reactions to traumas

DEALING WITH DISABILITIES IN THE REGULAR CLASSROOM

All grades

Teachers are often asked to make accommodations for students with disabilities. Many times they do not have an understanding of the nature of the disability or the goal of the accommodations. Without understanding it is difficult for the teacher to help the student reach the level of success they are capable of reaching. This workshop will give teachers a better understanding of the many disabilities they are likely to encounter: ADHD, Sensory Integration Dysfunction, Asperger's Syndrome, Autistic Disorder, Mental Retardation, Learning Disorders, Motor skills Disorder and Communication Disorders. Participants will also learn many practical strategies to use with students with disabilities that will also help the entire class.

DISCIPLINE WITH RESPECT

All grades

As the number of discipline problems in schools continues to rise, it becomes more obvious that many coercive and punitive practices commonly used to make children behave are not entirely effective. This workshop will teach communication skills that will equip teachers and administrators to find solutions to their discipline problems, help students learn to express their anger in non-violent ways and boost self-esteem throughout the school.

DISRUPTIVE, UNMOTIVATED, STRUGGLING, AT-RISK STUDENTS: REACHING THEM AND TEACHING THEM

All grades

Are you under pressure to improve academic performance and raise students' test scores? Are you interested in reducing your stress level and learning new success-oriented strategies? How can we help students who continually fail to succeed in school? This workshop will include strategies to enhance student motivation, create a positive learning relationship, build a success-oriented classroom, learn about disabilities that can influence learning, use learning styles to enhance success and reduce your frustration while increasing your emotional energy.

GOOD GRIEF

All grades

Grief is a response to loss. Our students will experience many losses during their years in school. Some will experience major losses, such as the death of a parent or sibling, or to a lesser extent, the loss of a pet or a friend who is moving. It is important for school counselors and teachers to be able to help students deal with losses and find meaningful ways to go on with their lives and learning. Each child has a different grief experience. You can learn what to expect from the grieving process and how to assist a child who is moving through it. You will learn intervention techniques to use when dealing with grieving students and classes that have experienced traumas such as natural disasters, suicides, violence, accidental deaths or deaths due to illness.

HELPING THE ANGRY STUDENT DEVELOP A CONSCIENCE

All grades

The destructive impact of anger is visible all around us. Many angry students show little remorse and seem detached from the suffering of their victims. Researchers tell us that all children are born with a conscience and are innately inclined to behave empathetically. But early abuse and neglect can crush this developing conscience. Learn how to help students deal more appropriately with their anger and how to foster the development of empathy and conscience.

HOW TO REDUCE TEACHER STRESS

(OTHER THAN JUNE, JULY AND AUGUST)

All grades

Stress is a part of modern life but teachers have a special stress that is all their own. We are expected to do more with less, faster, and with higher quality. Oh yes, and then there is testing. Join with other teachers to discuss "teacher stress." We will examine several simple techniques to help reduce stress levels, and we will laugh a lot.

INCREASE ACHIEVEMENT WITH PARENT INVOLVEMENT

All grades

Research proves that parent involvement is the most important factor in high student achievement. Student achievement increases with parent involvement, but how do you get parents into your school and what do you have them do when they get there? This workshop includes ideas for parent involvement projects and trains teachers in communication skills that can improve parent cooperation. Parent conferences are the most common form of parent involvement. Learn what parents really want from a conference and how parents and teachers can be partners in the education process.

THE BULLY, THE BULLIED & BEYOND - Strategies for Schools, Teachers and Parents - Help for Bullies, Victims and Bystanders, Strategies for Cyberbullying

All grades

In the wake of the Columbine tragedy, we have become aware that something must be done to address the impact of bullying in our school. In this workshop you will learn strategies to help the bully develop skills to interact with peers without resorting to bullying, strategies to help the victim of bullying acquire skills to resist intimidation, strategies to empower the bystanders to respond appropriately to bullying, techniques to deal with cyberbullying, and strategies to create a safe school environment. You will receive techniques for schools, teachers and parents to use. This workshop will also address students with disorders, such as ADHD, Sensory Integration Disorder and disorders in the Autism spectrum. These disorders can be manifested in socially inappropriate behaviors that often make students the targets for bullying. Addressing bullying can go a long way toward making your school safe for everyone.