TOP 20 TRAINING

Making A Positive Difference Through Social-Emotional Development.

Tapping into the core competencies of **Social-Emotional Learning** (self-awareness, self-management, social awareness, relationship skills, and responsible decision-making), Top 20 Training uses common language, easily understood concepts, and practical tools for dealing with everyday situations and problems. As such, Top 20 has had a profoundly positive effect on students, faculty/staff, schools, teams, families, businesses, and organizations by helping them develop their potential and perform at their highest level.

Top 20 Topics: In each session, the Top 20 trainers lead an audience through an interactive and high-energy presentation filled with personal stories, discussion and tips on how to make Top 20 Training concepts come alive in their life and organization.

Living Above the Line:
How Our Thinking Governs Our Experience

This session focuses on becoming aware of our thinking so we know when it is working in our best interest and when it is not working. It explores (1) the conditions that come up in our life that invite us to go Below the Line, (2) indicators telling us when we are Below the Line, (3) how to handle Below the Line experiences with more grace and dignity and (4) how to trampoline back Above the Line.

Knowing How to See Things Differently: The Frame

The Frame helps people understand why they are getting the results they are getting out of life. The session examines (1) the tendency we have to blame others when we are not getting the results we desire, (2) how our 'need to be right' activates blame, (3) how curiosity helps us to get better results, and (4) what we can do to see more or differently.

Creating an Effective and Healthy School Culture

The culture we live or work in impacts our experience as well as our personal and professional development. This session presents four components of a Top 20 culture that create safety and trust and foster high performance: (1) everyone's first job is to help others succeed, (2) communicate 'you matter,' (3) honor the absent, and (4) see the problem, own the problem. It also presents a tool for assessing the degree to which these components exist in a culture.

Reducing Negativity: Eliminating Thought Circles and Tornadoes
Experiences and relationships are diminished by negativity. This session draws attention to negativity in our thinking and social conversations and how negative thinking and communication can be minimized.

Engaging Disengaged Students
This session examines a common and frequent experience that students have in school that results in disengagement in school and essential elements of a culture of learning that can minimize student disengagement.

Learning from Mistakes and Moving Outside Our Comfort Zone
This session focuses on (1) the beliefs formed about ourselves from the messages we receive from others when we make a mistake, (2) what keeps us stuck in our comfort zone, and (3) more effective ways of responding to our own mistakes and the mistakes of others.

Keeping Stupid in the Box:
Eliminating Student Roadblocks for Success
Based on research from students and adults, this session identifies (1) five reasons youth believe or feel that they are stupid, (2) responses students make when they feel stupid, and (3) what teachers can do to minimize the negative impact stupid has on students.

Creating Safe Connections That Foster Student Engagement
When students' names are spoken and their voices are heard, they experience a sense of belonging and are more likely to engage in classroom activities. Four-at the-Door and Pods are two ways to make this happen as students enter the classroom and work in small groups.

Establishing Realizations, Identifying Relevancy and Developing Star Qualities
This session focuses on (1) learning "sticking" beyond memorization through realizations In the Moment and After the Fact, (2) answering the relevancy question: "What's in it for me?" and (3) developing Star Qualities while reducing Negative Mental Habits in all subject areas.

Focusing and Listening in the Zone
Student learning is enhanced by their ability to focus. This session presents (1) five levels of listening and (2) a simple technique students can use to be more focused and stay in the Zone.

Resolving Conflict Heart-to-heart
Conflict seldom results in satisfactory resolution for most people. After examining several ineffective responses to conflict, this session focuses on a new way to see conflict. It presents (1) a number of strategies for making conflict situations productive for all involved, (2) a process for preparing for effective conflict

resolution, and (3) a simple but practical tool students can use when they have handled a situation in a problematic way.

Sending Messages That Foster Potential Activating Beliefs
Student achievement and engagement in school is largely impacted by their beliefs about themselves. This session examines (1) the influence messages have on forming self-limiting beliefs, (2) three laws of belief, and (3) a process for reducing the negative impact of potential limiting beliefs.

Knowing Our Purpose: What's Our 'Why'?
Effective leaders know the outcomes they want to achieve. They are aware of their mission, purpose, and the values they bring to their work. However, conditions that occur throughout the year can diminish their clear sense of purpose and value. This session will explore (1) what their individual mission, purpose, or values are, (2) those conditions that detract from their mission, (3) how they can be aware when they are getting off purpose, and (4) how they can regain and stay focused on what is truly important.