



ACE Heartbeats

HEARTSET® SOCIAL-EMOTIONAL LEARNING WORKSHOPS



EduCare Foundation's mission is "to inspire and empower young people to become responsible citizens, compassionate leaders and to live their dreams." Through Social Emotional Learning (SEL) we empower youth to be healthy, whole, successful and contributing citizens, and adults to be inspiring and supportive role models. Environments of caring and self-discovery help youth realize their full potential. Since 1990, we have served over 230,000 students and 36,000 teachers & parents across 425 schools.

EduCare's **ACE Heartbeats** are a by-product of our flagship, social-emotional learning and youth development ACE (Achievement and Commitment to Excellence) Program.

Workshops focus on **success, positive school climate** and **connection**, and **character-building skills**. The goal is to empower students to achieve excellence in personal, social, and academic pursuits while building a school culture of empathy and kindness.

FORMAT:

- Highly interactive, 1-1 1/4 hour live workshops, in-person or virtually via Zoom, for approximately 25-75 students per workshop group.
- Within each workshop, the larger group is divided into "resource groups" (7-10 students plus one adult teacher or staff member) for structured social-emotional learning, team building and experiential activities. There are also whole group activities with experienced student mentors serving as group leaders.
- Includes a 1 1/2 hour Growth Heartset® Professional Development as an orientation for teachers and staff actively participating in the student workshops.
- Workshops are delivered in 5, 8, or 10 sessions per group, and are done over consecutive days, weeks, or the course of a school year.
- Follow-up curriculum is provided.

We are happy to customize courses to meet your specific needs – just let us know.