



UNLOCK THE CHAOS CODE: MENTAL HEALTH

There's a reckoning for balancing emotions so we can stay in and expand our windows of tolerance. Productivity and prosperity are limited or derailed when we follow prompts into fight, flight, freeze, or submit. Resist external pressure by fortifying internal resolve. You're made to weather storms. Be hopeful and strong despite disruption. Feel equipped and empowered to be your best and truest self. **Unlocking peace isn't as hard as it seems. You just need a key.**

PROFESSIONAL STANDARDS (ADAPTED FROM LEARNING FORWARD)

- **Professional Expertise:** Professional learning results in equitable and excellent outcomes for all when stakeholders apply trauma-informed care practice standards to life and work, develop high emotional intelligence, and prioritize and develop critical areas for personal growth.
- **Implementation:** Professional learning results in equitable and excellent outcomes for all when stakeholders understand and apply cognitive-behavioral change processes, engage in personal counseling or mental skills coaching, and implement and sustain strategies for continued development.

LEARNING TARGETS

1. Given I understand trauma-informed care practice standards, I develop high emotional intelligence in life and work.
2. Given I'm empowered with a simple behavior change protocol, I apply cognitive-behavioral change processes, engage in personal counseling or mental skills coaching, and implement and sustain strategies for continued development.

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<p>SKILLS PROGRESSION</p> <p>*From low to high rigor and depth of knowledge (DoK)</p> <ol style="list-style-type: none"> 1. I execute or repeat basic skills or procedures (e.g., follow step-by-step directions or pattern) to develop high emotional intelligence in life and work. 2. I create an infographic or visual to show connections or to summarize key ideas (e.g., cause-effect, increasing adaptability, impacts of trauma, signs and symptoms) from trauma-informed care practice standards. 	<ol style="list-style-type: none"> 3. I empower a simple behavior change protocol (e.g., THE HB-X™) using cognitive-behavioral change processes and vulnerable honesty to prioritize and develop critical areas for personal growth. 4. I apply understanding in a novel way, engage in personal counseling or mental skills coaching, and implement and sustain strategies for continued development.
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3. Given I'm vulnerably honest, I prioritize and develop critical areas for personal growth.

LEARNING MODULES

- **Module One: Build Your Strength**
- **Module Two: Personalize Your Path**
- **Module Three: Grow and Preserve Health**

Time: Half day of your choosing or customize based on your time availability

Maximum number of participants: 34

Format: Workshop, direct instruction, interactive discussion, multimedia, virtual option

Contact: Marius Massie, marius@mariusjmassie.com