

The Yet Mindset

Professional Development Flow



Survival Brain

Introduction to our ancestral brain and how it has developed to help us survive and our connection to it now.

01



Emotional Literacy

How expanding our emotional literacy can boost our ability to navigate big emotions.

02



Self-Regulation

Understanding how emotional literacy and our brain functions are woven into Self-Regulation.

03



SEL-Focused Workshops

Yoga and SEL infused classes benefit students in multiple ways.

04



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