



Sample Professional Development Support Options

Contact us for more information at:

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Options	Services Included	Details
On-site Professional Development	Uplift Wellness Collective Team prepares a professional development session geared to your staff's unique strengths, needs, and interests. Includes two virtual consultations to (1) initiate development of your uniquely tailored professional development session and (2) review UWC's plan with your organization contact to ensure targets are met.	Professional development sessions can be customized to meet your organization's needs. We have experience offering 2-hour sessions, half-day sessions, as well as full day sessions.
Coaching Consultation with onsite staff member/team who coach and support staff on wellness and/or early childhood education practices	Consultation with designated staff member/team to implement staff and school/program-wide wellness and/or early childhood education practices.	6 sessions to be used within 9 months of PD date. 9 sessions to be used within one year of PD date.
PACKAGE 1 Professional development session Plus follow up Coaching/Consultation with onsite team to coach staff on wellness and/or early childhood education practices	Professional development session plus Coaching/consultation	PACKAGE 1A Professional development session 6 sessions to be used within 9 months of PD date. PACKAGE 1B Professional development session 9 sessions to be used within 12 months of PD date.
PACKAGE 2 Professional development session(s) Coaching/Consultation Follow-up professional development session Articles: Research-based and practitioner oriented, crafted by UWC for your organization	Professional development session, coaching/consultation with onsite team who coaches and supports staff on wellness and/or education practices, plus follow up professional development session and articles. These can be used for the organization's newsletters to support its focus on wellness or targeted education practices or by administrators with staff during individual or small group coaching sessions. Articles can be tailored based on staff survey results, presentation feedback, and emerging staff interests.	PACKAGE 2A Professional development session 6 coaching sessions to be used within 9 months of PD date. 6 Articles PACKAGE 2B Two professional development sessions 9 coaching sessions to be used within 12 months of PD date. 9 Articles