



Professional Development Workshops

The headlines in education today have us looking outside of us for the answers but what about the “internal curriculum” that lies within? Captains & Poets’ P.D. workshops are designed to empower educators to bring their best, fullest selves to the school community. By igniting self-awareness, we gain access to our innate wisdom to bring new perspectives to daily classroom routines and ignite the potential in ourselves and young people. Join our mission to energize educators on a personal and professional level and ignite “bright light educators” in schools everywhere to create the change we all want to see.

Harnessing the Leader Within

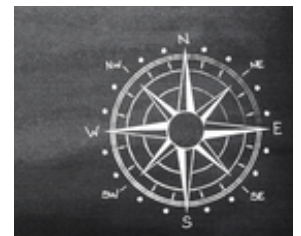
What would your school be like if every teacher was empowered to ignite their own unique expression of leadership? Explore your inner Captain and Poet and how their partnership has the potential to help you identify the intrinsic value you bring to your role and how to navigate challenges. Learn to uncover untapped resources in yourself and see that the secret to being the best leader you can be is by showing up as your authentic self!



Navigating the High C’s of Teaching

Connection, Compassion, Coaching, and Courage

Learning to be authentic and compassionate self-leaders is what we hope for our students. It follows that teaching goes beyond delivering curriculum to include all of the invisible factors that make your classroom a connected and engaging place to be. Learn how to harness your Poet and to unearth opportunities for your Captain to deepen and energize your practice.



Overcoming Coaching Bottlenecks

We spend our careers coaching students and colleagues and yet sometimes fall short on facilitating the breakthroughs we know are possible. Fast-paced school routines make it easy to drift from best practices of meaningful feedback that ensure your coachee is receptive and feels empowered to act. Learn intuitive strategies for coaching the “whole person” to remove communication barriers, strengthen connection, deliver optimal results, and empower people around you to be their best selves.



Unleashing the Potential of Your Team

The journey of learning to work with others never ends and the power of a team approach is more important than ever. Explore your inner Captain & Poet and discover simple strategies for aligning your unique strengths and gifts with those around you. Learn to identify the dysfunctions that get in the way of teams, harness your collective talents to collaborate and face challenges together, and be the best team you can be!



Reigniting Your Sense of Purpose

We are all at risk of feeling overwhelmed, uninspired, and disconnected at times. We forget sometimes that both our identity and our well-being are directly correlated with having a sense of purpose in the world. Learn about your inner Captain and Poet and how they can help you reconnect with what matters most to you, reignite a sense of well-being and motivation - and find a renewed sense of purpose in all that you do!



Motivation in a Time of Overwhelm

Motivation is sometimes hard to find when we feel overwhelmed and without a clear sense of direction and purpose. Learn the science of motivation and how you can harness this limitless resource to reignite your own, while elevating the engagement of your colleagues or class. Take this opportunity to rediscover what energizes you and uncover your inner compass to take your best self into the future!



Teaching and Modelling Resilience

Resilience is a hot topic these days but we often treat it superficially and expect teachers to simply know how to nurture their own resilience and that of their students. Learn how to tap into this innate “superpower” and understand the combining factors that contribute to an individual being truly resilient. Identify strategies for fuelling your own resilience, and that of your students to provide a supportive and nurturing environment for everyone.



Fighting Compassion Fatigue

At the heart of education is a service of deep care. If we do not know how to properly engage our heart and mind in response to the demands of teaching, we can be left feeling overwhelmed, disengaged, and disconnected. Compassion for others should not come at the cost of our own well-being. Learn how to recalibrate and refuel using practical strategies that help keep your inner flame bright while serving others.



Custom Workshops

We love to collaborate based on the needs and interests of participants. And chances are if you want it, someone else does too so please reach out!



“Thanks to C&P for showing us our inner wisdom and guidance. They have brightened the path to our own undiscovered talents. Thank you for helping us uncover the treasures within.” BGC Program Director

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