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We're helping you build mental health resilience by fostering supportive, validating, and respectful environments

→ The SILA Skills Connector ←

June 2024

Hi <<First Name>>,

You did it! The countdown is on to finish off this school year.

Doesn't June seem to come up faster and faster every year?

I hate to say it, but September is coming fast too!

Learning skills can help you enjoy your summer and be mentally prepared for the challenges of the fall.

These skills truly do work!

This month's **blog post** shares a valuable skill for when things don't turn out as planned. Hmmm. That sounds familiar!

We will also share our **Summer Workshop poster**. Please consider printing it off and sharing it with your staff! You can also learn of our **fall workshops** and plan how they can help you with your 2024-2025 PGP!

Is your administrator looking for creative and helpful PD for staff? We have a very robust **catalogue of seminars** that you can share with them. We also have a **catalogue of sessions designed to support parents!**

Thank you for taking the time to read our Connector Newsletter!

Warm regards,

Kelly Maxwell
for The SILA Skills Team

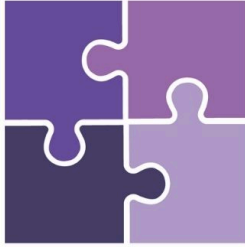
✨ June Blog Post ✨



When Things Don't Turn Out as Planned - **SCREW** it!

June presents a whirlwind of exhaustion and excitement, with uncertain fall plans or impending changes. Learn how to skillfully navigate it all in our [June blog post](#). Check it out today!

Summer and Fall Workshop Dates



SILA Skills
SKILLS IN LIFE FOR ALL

Summer Workshops

Join us for an engaging, interactive, & enlightening day(s) that promises to equip you with the tools you need to excel in your upcoming school year.

2 Workshop Dates to choose from:

Unlock the Power of Emotional Mastery with SILA Skills!

Friday, August 16
8:30 – 3:00 pm **\$150**

In this workshop, we delve inward to learn practical skills to gain mastery over our emotions. With this mastery, we can harness our emotions, enabling us to forge deeper and more meaningful connections with others. Get ready to conquer the challenges that lie ahead by focusing on these key areas:

- Learn to stay present and aware, allowing you to navigate life's twists and turns with a clear mind.
- Discover how to effectively handle even the most chaotic situations, maintaining your composure and inner peace.
- Gain control over your emotions, enabling you to respond to life's challenges with wisdom and grace.



Kelly Maxwell & Rosanna Ruppert
SILA Skills Workshop Facilitators

**OR get BOTH
workshops
for \$250**

Elevate Your Interactions with Crucial Skills!

Friday, August 23
8:30 – 3:00 pm **\$150**

This workshop is designed to enhance your interactions and empower you to build stronger, more meaningful connections with those around you. Whether in personal or professional settings, these practical skills will be your catalyst for positive change. Let's dive into the key areas:

- Enhance your awareness and presence, fostering deeper, more genuine connections.
- Master the art of affirming others while building trust and understanding.
- Gain insights into the dynamics of your interactions and communications.

Register Today!

at SILAskills.org

Check spam folder for registration confirmation/emails from info@SILAskills.org and workshop@SILAskills.org

The SILA Skills Group is a federally incorporated, not-for-profit corporation



🍁 Fall workshop dates are posted as well! 🍁

Workshops **start in October** and are a great professional development activity to add to your calendar and Professional Growth Plan this upcoming school year!

Learn more about both of these opportunities at the link below. 🖱️

Share with a friend and learn in community!

Workshop Dates and Registration Link.

BOGO

Are you and a friend interested in attending a summer workshop together?



Are you new to SILA Skills, or have you attended a workshop in the past? We have an exciting opportunity for you and a friend!

If you're new to SILA Skills and want to attend a Summer Workshop, bring a friend, and you will receive a **50% discount on your registration!**

Have you attended a workshop with us before? If your friend is curious and would like to attend, you can accompany them to refresh your skills, and you can **attend for free!**

By taking advantage of these offers, you and your friend will benefit from learning DBT-informed skills, **creating a positive ripple effect that will impact students, colleagues, family members, and friends!**

Contact us at info@SILAskills.org to learn more and **receive your**

RECOMMENDED



informed skills together!

✨ Staff Training Catalogue ✨

The SILA Skills Group

Staff Training Catalogue

Skills-based training for all school staff

Are you looking for awesome PD for your school staff?

[Catalogue link](#)

Welcome to the **SILA Skills staff training catalogue!** We are excited to present practical and impactful training opportunities for your team. This training primarily focuses on Dialectical Behavior Therapy (DBT) informed skills. At SILA Skills ~ Skills In Life for All, **our mission is to promote mental health resilience by providing effective learning opportunities for all staff.** The focus is on **Personal Wellness, Communication Skills, Leadership Skills** and **EA training.**

SILA Skills provides these training opportunities through these 1-2 hour seminars. Each seminar introduces a few select skills that can be customized to address the specific needs of your staff. **We are currently booking PD for the 2024-25 school year. Secure your dates now!**

Do parents at your school request help?

We have created seminars specifically designed to support parents and teach them helpful skills!

check out our [parent sessions catalogue here](#).

✨ Skills In Action ✨



We have completed our SIA sessions for the school year.

This is **one of the unique offerings that SILA Skills shares with all past participants.**

Learning a new concept can be challenging, and often, when we learn a new skill, we are left to practice it on our own.

SILA Skills does not want to leave you on your own. We want to continue learning with you.

See you in the fall with more SIA sessions!

👉 Quick Skill for Today 👉

SCREW it!

When things don't go as planned and you feel overwhelmed, this powerful skill can help you respond effectively.

S - Solve it

C - Change your relationship to it.

My scenario: I don't know what my role will be in the fall. I have been told my contract will not be renewed. I'm very worried, not sure of myself, and afraid of having to start all over in a new school or in a new role.

S - I will update my resume and start applying for other positions.

C - While I'm very disappointed at the situation, I cannot change the fact that

it.

E - Entertain staying miserable.

W - Worsen it.

R - I will accept that it is what it is. I won't fight reality.

E - I will complain to anyone who will listen.

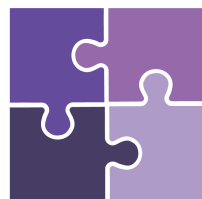
W - I will quit even trying and lose all hope. I will even complain online about my principal.

Thanks for reading our Connector Newsletter!

Stay Skillful!

♥ Kelly

Stay in touch - Follow us on...



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The SILA Skills Group is a Canadian federally incorporated, not-for-profit corporation that believes in building mental health resilience by fostering supportive, validating, and respectful environments.

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