

Building Strong Minds to Support Strong Learning Communities

Explore the full range of Momentous Institute's 2026 training offerings designed to strengthen relationships, build resilience, and create thriving learning and work environments. Our trainings translate research-based practices into practical tools that educators, leaders, and teams can immediately apply.

Sessions are available in conference-style presentations or can be customized to meet the unique goals, schedules, and challenges of your organization. Whether you're looking for a keynote experience or an in-depth, team-focused workshop, our expert facilitators partner with you to design a meaningful and impactful learning experience.

Social Emotional Work of Young Children: Why Every Moment Matters (FF, V)

For Early Childhood Educators

Imagine a world where adults threw tantrums, refused to share, and clung to stuffed animals to calm down. You would probably have very little patience for these adults. While we expect these behaviors in young children, we also expect them to develop skills like self-control, perspective taking, and critical thinking. These social emotional skills are also the "work" of young children. This session explores how children develop social-emotional competence and, more importantly, how caregivers can nurture these foundational skills to help kids grow into confident, emotionally intelligent individuals.

Objective 1: Define social emotional health.

Objective 2: Explain what gets in the way of young children's social emotional development.

Objective 3. Describe a child's social emotional work.

Objective 4: Understand the role of caregivers in supporting young children's social emotional health.

All training sessions can be conference style or adjusted to best fit your team.

Beyond Burnout: The Science of Stress and Resilience (FF,V)

For General

In a world forever changed by the pandemic, stress levels have skyrocketed—but stress doesn't have to control you. This session takes a deep dive into the stress cycle, helping participants recognize its impact on mental and physical health. Discover science-backed strategies to manage stress, cultivate resilience, and create a healthier, more balanced workplace and life. Walk away with practical tools to not just survive but thrive.

Objective 1: Understand the stress cycle and identify the factors that contribute to educator stress.

Objective 2: Understand the brain and body connection and how it relates to mental health.

Objective 3: Explore strategies to support strong mental health.

The Emotional Toll of Teaching: When Stress Becomes Grief (FF,V)

For Educators

More than ever, educators are questioning their place in the profession. Between learning loss, behavioral challenges, and an increasingly demanding social-political climate, teaching has become more than anyone signed up for. This session explores the emotional toll of these challenges, unpacks the grief educators experience, and provides actionable strategies to process emotions, set boundaries, and reclaim the joy of teaching.

Objective 1: Describe the sources of grief that educators are currently experiencing.

Objective 2: Understand how grief impacts the educator's space.

Objective 3: Learn how to manage grief while doing your job.

Objective 4: Understand how to support your fellow educators who are grieving.

All training sessions can be conference style or adjusted to best fit your team.

Supporting Children with Challenging Behaviors in a Post Covid World (FF, V, OD)

For Educators, Mental Health Professionals

Children are navigating a world deeply impacted by the pandemic, and their behavior reflects it. This session explores neuroscience and mental health research to help educators and caregivers understand the “why” behind challenging behaviors. Walk away with brain-based strategies to support emotional regulation, strengthen resilience, and foster an environment where kids thrive.

Objective 1. Dispel myths around challenging behaviors.

Objective 2. Understand the connection between behaviors and the brain and body.

Objective 3. Respond with the brain and body in mind.

Objective 4. Select effective interventions to support brain and body regulation.

Inside the Teenage Brain: Understanding Risk, Reward, and Resilience (FF, V)

For Middle School Educators, Secondary Educators, Mental Health Professionals

If you’ve ever wondered, “What were they thinking?” after an interaction with a teenager, you’re not alone. This session explains brain development and the neuroscience behind adolescent behavior, revealing why teens take risks, seek independence, and react the way they do. Learn how to support their social-emotional development, strengthen protective factors, and guide them from impulsive to intentional decision-making.

Objective 1: Explain the unique phase of brain development during adolescence.

Objective 2: Discuss the social emotional challenges often experienced during adolescence.

Objective 3: Explore classroom friendly strategies that support adolescents’ needs.

All training sessions can be conference style or adjusted to best fit your team.

The Brain & Self-Regulation: Helping Kids Navigate Big Emotions (FF, V)

For Educators, Mental Health Professionals

When children struggle with self-regulation, learning and relationships suffer. This session breaks down the science of brain development and provides effective, practical strategies for responding to different brain states. Learn how to support children in managing their emotions and behaviors, creating a foundation for success in school and life

Objective 1: Understand brain development.

Objective 2: Understand how dysregulation shows up in the classroom.

Objective 3: Learn to effectively respond with brain-based strategies when a child is dysregulated.

The Trauma Lens: What Adults Working with Kids Should Know (FF, V)

For Educators, Mental Health Professionals

Traumatic events affect children of all ages and backgrounds. A child who has experienced trauma may need extra support to reduce emotional and behavior problems and foster resilience. This training provides educators with a solid understanding of childhood trauma's impact on the brain and learning. It also offers tools for teachers' mental health, supporting educators to care for themselves so they can best support students who have experienced trauma.

Objective 1: Examine the definition of trauma.

Objective 2: Understand the current research on trauma.

Objective 3: Understand how the brain and body respond to stress.

Objective 4: Learn strategies for calming the nervous system..

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Healthy Boundaries: The Science of Safe Relationships (FF, V)

For General

We're often told that the solution to challenges—whether in classrooms, workplaces, or personal lives—is to “build relationships.” But what does that really mean? This training goes beyond the surface to explore the brain science behind connection, protection, and the invisible signals we send in our interactions. Whether you're navigating team dynamics, supporting children, or simply trying to stay grounded in a demanding world, this session offers a framework for showing up with clarity, compassion, and strength.

Objective 1: Understand the brain and body connection.

Objective 2: Identify what makes a relationship safe

Objective 3: Define different types and domains of boundaries.

Objective 4: Understand how values influence boundaries.

Objective 5: Practice using boundary setting language.

Finding Your Starting Point: Social Emotional Health for Adults (FF, V)

For General

Our ability to regulate emotions, build relationships, and align actions with values doesn't just impact our personal lives—it shapes the way we live each day and connect with others. This session explores the essential role of social-emotional skills using the Starting Point journal. Through interactive exercises and reflection, participants will gain practical strategies to strengthen resilience, improve well-being, and support both themselves and those around them.

Objective 1: Discuss social emotional health and its impact on the brain.

Objective 2: Explore the importance of social emotional skills in the workplace.

Objective 3: Explore a tool to support and enhance mental health.

All training sessions can be conference style or adjusted to best fit your team.

Full Circle: Building a Nurturing Community for Educators (FF)

For Educators

Teaching is emotionally demanding, and too often, educators are left to navigate stress and burn out alone. This two-day facilitator training introduces the Full Circle program, a structured approach to supporting teachers in processing the challenges of their work. Learn how to lead meaningful discussions, create a safe and supporting environment, and implement strategies that foster well-being and resilience among educators.

Objective 1: Understand the purpose and structure of Full Circle and its role in supporting teacher mental wellness.

Objective 2: Identify the major challenges facing educators today, including stress, burnout, and mental health issues.

Objective 3: Understand how to create a therapeutic space for educators.

Objective 4: Describe the phases of group development and the skills and qualities needed to facilitate effective Full Circle sessions.

Cultivating Wellness Strategies for Supporting Strong Mental Health (FF, V, OD)

For General, Educators, Mental Health Professionals, Community Members

In today's fast-paced world, taking care of our mental health isn't optional—it's essential. This session unpacks the core components of mental well-being, revealing the powerful mind-body connection and offering research-based tools to build resilience. Discover actionable strategies to support emotional health and create a balanced, thriving environment—both personally and professionally.

Objective 1: Define mental health and explore its importance in the workplace.

Objective 2: Understand the mind and body connection.

Objective 3: Explore strategies to support strong mental health.

All training sessions can be conference style or adjusted to best fit your team.

Mental Health For All: Building Wellness, One Behavior at a Time. (FF)

For General

Every behavior tells a story—whether it is a child or an adult responding to the child. This training empowers educators, administrators, and those who work with children to decode the messages behind challenging behaviors and respond with confidence and compassion. Through a strengths-based, brain-body approach, participants will explore the foundations of mental health, uncover the deep connections between the brain and body, and discover actionable strategies to foster wellness. They'll gain insights into the impact of trauma, learn how to create environments that promote safety and resilience, and debunk common behavior myths. By the end of the day, attendees will walk away with an understanding of mental health, trauma, and behavior—along with practical tools to cultivate supportive, thriving spaces for all children and youth.

Part 1: Cultivating Wellness Strategies

Objective 1: Define mental health.

Objective 2: Understand the brain and body connection.

Objective 3: Explore strategies to support strong mental health.

Part 2: Understanding Trauma

Objective 1: Define trauma.

Objective 2: Understand how trauma impacts the brain and body.

Objective 3: Learn trauma-informed strategies.

Part 3: Challenging Behaviors

Objective 1: Dispel myths around challenging behaviors.

Objective 2: Understand the connection between behavior and the brain and body.

Objective 3: Respond with the brain and body in mind.

Objective 4: Select effective interventions to support the brain and body.

All training sessions can be conference style or adjusted to best fit your team.

Leading with Mental Health in Mind: Tools for Thriving Schools (FF)*For Educators*

Effective school leadership goes beyond academics—it requires understanding of mental health and its impact on staff, students, and the broader school community. This full-day training empowers school leaders with the knowledge and tools to foster a culture of well-being, strengthen teams, and support student success in how they work with both students and adults.

Participants will begin by exploring the foundations of mental health, uncovering the brain-body connection, and learning actionable strategies to build a mentally healthy school environment. They'll dive into the role of social-emotional health in the workplace, gaining practical tools to enhance well-being for themselves and their teams. They'll gain insights into the impact of trauma, learn how to create environments that promote safety and resilience. The session concludes with a focus on one of the most complex challenges in school leadership—supporting students and teachers with challenging behaviors. Leaders will debunk common behavior myths, deepen their understanding of the brain-behavior connection, and apply trauma-informed strategies to create supportive, resilient learning environments.

By the end of the day, school leaders will walk away with an understanding of mental health, social-emotional well-being, and behavior—along with practical, research-based strategies to lead their school communities with confidence and compassion.

Part 1: Tools to Cultivate Mental Wellness

Objective 1: Build a shared understanding of mental health.

Objective 2: Recognize how the brain and body respond to stress.

Objective 3: Learn practical tools to support strong mental health.

Part 2: Tools to Create Safe Relationships And Healthy Boundaries.

Objective 1: Understand the science behind connection.

Objective 2: Identify the components of safe relationships.

Objective 3: Define different domains of boundaries.

Objective 4: Understand how values influence boundaries.

Objective 5: Practice using boundary setting language.

Part 3: Tools for Understanding Others

Objective 1: Understand the importance of perspective talking.

Objective 2: Investigate the role of empathy in understanding others.

Objective 3: Explore tools for effective leadership when you encounter dysregulated adults.

All training sessions can be conference style or adjusted to best fit your team.