

TRACK ONE · BEGINS SEP 21, 2026

SEL Essentials for Leaders

Before you can lift others, you have to learn to fly.

Seven weeks of self-paced online lessons and virtual collaboration sessions that equip youth-serving educators and leaders with the social-emotional tools to model, teach, and transform.

11 lessons

1 INTRO + 2 PER COMPETENCY

7 weeks

SEP 21 - NOV 5, 2026

3 hrs / wk

SELF-PACED + LIVE SESSIONS

WHAT'S INCLUDED

**11 self-paced lessons**

Two 15–20 min interactive lessons per competency, on your schedule.

**5 live collaboration sessions**

60-min virtual sessions with leaders from peer organizations.

**Digital workbook**

Structured activities to apply your learning directly on the job.

**1-year Premium+ subscription**

Ongoing access to mini-lessons and tools in the WINGS resource hub.

**Certificate of completion**

Awarded to every participant upon finishing the track.

**Personal & professional growth**

Build skills that strengthen your impact at work and beyond.

BECOME THE LEADER THEY NEED

**SELF-AWARENESS****Know what triggers you**

Identify your emotional patterns and understand how your reactions shape the environment and those around you.

**SELF-MANAGEMENT****Stay calm under pressure**

Tools to pause, reflect, and respond — instead of react — when it matters most.

**RELATIONSHIP SKILLS****Give feedback that lands**

Tested methods for honest conversations that build trust and positive environments.

**SOCIAL AWARENESS****Connect across differences**

Empathy skills to step into others' experiences and build genuinely inclusive spaces.

Track 1 begins September 21, 2026.

Join the 2026–2027 cohort — fully funded, at no cost. Spots are limited.

sarahstein@wingsforkids.orgwingsforkids.org · Charleston & Atlanta