



What You'll Learn

This course will guide you through (52) days of learning. Each day, you will be asked to watch a content video, pull from the affirmation deck, journal about your experience and implement your learning into your daily life. The daily time commitment for this course is approximately (20-30) minutes.

The content videos are based on the book by Dr. Liza Johnson, Know, Choose, Give Curriculum: A Practical Guide for Personal & Professional Success Using the Six Seconds Emotional Intelligence Framework. The content is delivered by the founder and CEO of Challenge to Change, Inc., Molly Schrieber.

In addition to the (52) days of learning, you will be asked to:

- Research and reflect on the importance of relationship in your learning community
- Understand the concepts of co-regulation and how becoming aware of your thoughts, feelings and actions can enhance your ability to co-regulate
- Develop a plan to bring more awareness to the concepts of relationships and co-regulation in your learning community