

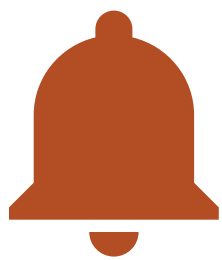


This 6-Module online course supports facilitators in the implementation of the EQ2 program with direct care staff, providing the necessary training and support to lead effective and high-impact groups.

Facilitator Introduction



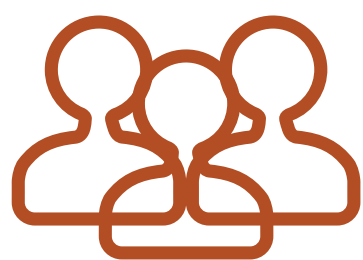
- Introduction to EQ2
- Implementing EQ2
- Using the EQ2 App
- Using Circles in EQ2
- 5 Questions on EQ2



Module 1:

Becoming an Emotion Coach

- Welcome to Module 1
- The Bell Exercise
- How to Stop, Breathe, and Choose
- How to Use Mindfulness
- Mid-Module Questions
- Building Staff Resilience
- You as Emotion Coach Facilitator!
- Module 1 Wrap Up
- Module 1 Quiz



Module 4:

Where We Come From

- Welcome to Module 4
- Caregiving Styles
- The Power of Praise
- Mid-Module Questions
- Got Boundaries?
- Organizational and Secondary Trauma
- Module 4 Wrap Up
- Module 4 Quiz



Module 2:

Understanding Trauma

- Welcome to Module 2
- The Brain and Trauma
- Increasing Our Empathy
- Mid-Module Questions
- Cool Thoughts and Good Moves
- Meditation as a Resiliency Practice
- Module 2 Wrap Up
- Module 2 Quiz



Module 5:

Preventing Crisis

- Welcome to Module 5
- Brain Hijackings
- Mindful Underreaction Part 1
- Mindful Underreaction Part 2
- Mid-Module Questions
- Competing Needs
- What Went Down
- Module 5 Wrap Up
- Module 5 Quiz



Module 3:

Building EQ2 Relationships

- Welcome to Module 3
- The Core Self
- Toxic Thoughts
- Mid-Module Questions
- Coaching from the Core Self
- The Comfort Pose
- Module 3 Wrap Up
- Module 3 Quiz



Module 6:

Repairing Relationships

- Welcome to Module 6
- Apologizing
- Coping with Co-Worker Stress
- Mid-Module Questions
- Use Your Cookie
- Keeping EQ2 Alive
- Module 6 Quiz
- EQ2 Wrap Up
- Brief Survey

