



Dubuque COMMUNITY SCHOOLS

SOCIAL EMOTIONAL LEARNING

LUMEN TRAINING



LUMEN

Illuminating YOU through Social Emotional Learning

The Dubuque Community School District provides an amazing educational experience because of **you** – and your colleagues on our team of professionals in all areas of the district.

Your light shines for our students and families – and, as a district, we are committed to keeping this light bright in both your professional and personal lives.

Enter **LUMEN**.

By definition, a lumen is a measurement of how much light is emitted. Collectively, the more lumens, the brighter the light.

The district's **Social Emotional Learning LUMEN Training** delivers a professional learning program designed to brighten **your personal light**, and our staff's collective glow, by focusing on your personal wellness.

During **LUMEN**, you'll illuminate the following social emotional learning areas:



Self-Awareness



Self-Management



Social Awareness



Relationship Skills



Responsible Decision-Making

Through laser-focused learning (which is also fun!) in these five social emotional competency areas, you'll develop skills and strategies proven to provide positive benefits in your life!