

The Calmer Network

The Calmer Network offers a unique learning experience focused on:

- *Trauma-informed practices*
- *Evidence-based training that uses the latest research in brain development*
- *Adult and student mental health and wellness*
- *Emotional regulation strategies within school systems and organizations*

What we offer develops understanding, inclusion, and transformation.

-Calmer Schools-

Calmer Schools uses a research-based protocol, implementing training resources in person, through virtual coaching, and within our digital library.

We Strive To:

- *Provide professional development focused on trauma-informed practices, stress management, and emotional health and wellness for adults, children, and families.*
- *Build a team of influencers within schools and provide them with ongoing digital access to emotional regulation strategies and flexible coaching.*

-Calmer Workplace-

Provides employee wellness and stress management training with strategies for ensuring a calmer work environment.

We Strive To:

- *Improve the lives of others by teaching strategies for managing stress and burnout.*
- *Increase productivity by balancing empathy with accountability at work.*



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We Believe that *Empathy Leads to CALM*

Compassion: Humans Make Mistakes. They need nurturing. From the executive team to the sales team, each person in the organization matters. How we nurture each other directly impacts team performance.

Affect: Be Aware of Emotion Contagion. Culture is contagious. What we talk about, focus on, and repeat disrupts or cultivates calm.

Little Things: Two-minute Breaks Change Everything. Self-care feels impossible when short on time. Calm is integrated into every aspect of life through the little things.

Mindfulness: Learn to respond instead of react. Thought-management tools and strategies help us grow, manage stress, and choose responses that save time.

Core Training Development

Trauma Training Series

Docu-series focused on understanding the physiological injury associated with trauma, an in-depth look at the Three-Part Brain, and the impact of social media on children and adults.

Train the Trainer

In-person training and coaching to equip leaders with the tools and resources needed to cultivate change.

Support 1:1 Check-ins

Support leaders in the planning, implementation, and monitoring phases with customized support.

Ongoing Digital Training

On-demand searchable platform comprised of short videos on trauma-informed practices.

Parent/Caregiver Workshops

Anxiety vs. Stress, Understanding the Adolescent Brain, and more.

Recertification Courses

Courses for educators, worth three credits each, on trauma-informed care.

Keynotes:

Employee Health and Healing: *Understanding Vicarious Trauma to Overcome Burnout*

Resilience: *How to Stay Calm When Challenges Arise*

Leadership: *Balancing Empathy with Accountability to Maximize Team Performance*



The Calmer Network is led by Meredith McNerney who is a former principal, most recently at a large Title 1 school in the 14th largest district in the country. As an author and a doctoral student, Meredith leads and trains communities and professionals in the connection between emotional wellness and performance outcomes.