

N-Lighten[®] Curriculum

Anti-Bullying, Self-Empowerment, and Healthy Relationships

VISION: The partnership between the University of Nebraska–Lincoln and Paul Mitchell Schools will create a lifelong learning community synergized around the relationship between service and research and a shared passion for self-empowerment, healthy relationships, and anti-bullying initiatives.

N-Lighten Curriculum

The N-Lighten curriculum is the **first** social-emotional skills curriculum developed for staff members and Future Professionals, making Paul Mitchell Schools the **first** cosmetology schools in the United States to infuse a social-emotional curriculum in their training.

The N-Lighten curriculum is based on principles from cognitive-behavioral therapy (CBT) and social-emotional learning (SEL); these research-based approaches to self-improvement have been shown to effectively help individuals lead healthier and happier lives. Both CBT and SEL incorporate cognitive and behavioral techniques in order to help individuals work on anti-bullying, self-improvement, and self-empowerment; create and maintain healthy relationships; and live productive lives. N-Lighten will help staff members and Future Professionals learn strategies for understanding and improving their mood; understanding and creating healthy thinking; understanding their behavior and committing to acting in positive ways; understanding group dynamics in their school and committing to healthy, positive relationships; and understanding their role in the larger community and committing to a professional and personal life of engagement and social activism.

The N-Lighten curriculum is divided into five modules that build upon each other:

- 1 **N-Lighten Your Mood** will teach healthy emotional functioning.
- 2 **N-Lighten Your Mind** will teach healthy thinking skills.
- 3 **N-Lighten Your Actions** will teach healthy and anti-bullying behaviors.
- 4 **N-Lighten Your School** will teach healthy group interaction skills.
- 5 **N-Lighten Your World** will teach healthy community and societal functioning.

In early 2012, 668 staff members from Paul Mitchell Schools across the United States completed a comprehensive survey designed to identify the challenges facing their Future Professionals and staff. Preliminary results show that cyber-bullying and mental health challenges are among the significant struggles facing Future Professionals in Paul Mitchell Schools. The survey also assessed the core social-emotional learning skills that were seen as vital for developing healthy Future Professionals. Dr. Susan Swearer will present the survey results along with recommendations for creating a school culture characterized by healthy relationships, self-empowerment, anti-bullying, and a focus on social-emotional learning; these concepts form the basis for the new Paul Mitchell Schools N-Lighten curriculum.

Train-the-Trainers N-Lighten® Workshops

This two-day workshop will teach Paul Mitchell School Owners, Directors, and Learning Leaders how to teach and implement the N-Lighten curriculum. Attendees who complete this workshop will be certified N-Lighten trainers who can teach the curriculum to other staff members and Future Professionals.

DATES:

Monday and Tuesday, July 22 and 23, 2013, at the University of Nebraska in Lincoln

Saturday and Sunday, October 19 and 20, 2013, in Orange County, CA

***Note:** The October workshop is held during Owner's Summit. School Owners and Directors who want to complete this workshop should attend the July training in Lincoln, Nebraska.*

Each of these trainings is limited to 50 people.

REGISTRATION:

Submit the Paul Mitchell Schools Training Events Registration Form at your earliest convenience. Locate the form online at www.hub.paulmitchell.edu in the Guide 1 Files. E-mail the forms to ElizabethV@paulmitchell.edu. An enrollment confirmation will be sent to you via e-mail within 48 hours.

***Note:** Attached you will find our Standards of Conduct and Professionalism contract and the attendee's Nondisclosure and Confidentiality Agreement. These forms must be sent with your registration form to guarantee your space in the training. Your school will not be considered enrolled until you have sent them to our office.*

TUITION COST — COMPLIMENTARY:

The Andrew Gomez Dream Foundation has covered the cost of the trainers and materials.

Susan Swearer, Ph.D.

Professor of School Psychology, University of Nebraska–Lincoln

Dr. Susan Swearer has a longstanding track record of working with schools and districts nationwide to reduce bullying behaviors. She is the co-director of the Bullying Research Network and the principal investigator on *Target Bullying: Best Practices in Bullying Prevention and Intervention Project*. She is also a supervising psychologist in the Child and Adolescent Therapy Clinic at UNL and the former director of the Nebraska Internship Consortium in Professional Psychology. Dr. Swearer has written extensively about of bullying, depression, and anxiety in school-aged youth. She was a presenter at the White House Bullying Prevention Conference in March 2011 and she was recently appointed chair of the Research Advisory Board for Lady Gaga's Born This Way Foundation.



Over the past decade, Dr. Swearer has developed and implemented a data-based, decision-making model for responding to bullying among school-aged youth and has conducted staff trainings in elementary, middle, and high schools, with the goal of helping school personnel establish cost-effective and data-based strategies to reduce bullying behaviors. She is one of the authors of the N-Lighten curriculum and is thrilled to be working with Paul Mitchell Schools.