



H E A D W A Y S

head-ways

noun, plural

Definition: To move forward or make progress, especially when circumstances make this slow or difficult.

Synonyms: Progress, make strides, gain ground, advance, proceed, move, get ahead, come along, take shape

HEADWAYS for School Counselors: Fostering Healthy Development **2018-2019 Schedule and Topics**

HEADWAYS for School Counselors will be facilitated by Kathleen Goodman, M.Ed, LMHCA, Owner of Kathleen Goodman Counseling PLLC and School Counseling Consultant (WA), and will occur at **4:00 p.m. Eastern Time:**

❖ **Thursday, October 18, 2018: *SEL***

Topics to consider: empathy, mindfulness, advisory programs, wellness initiatives taught through co-curricular and academic programs

❖ **Thursday, November 15, 2018: *Anxiety***

Topics to consider: stress, depression, coping skills, perfectionism, pressure to perform

❖ **Thursday, January 24, 2019: *Gender Identity***

Topics to consider: gender spectrum and fluidity, non-conforming students, advocacy and education, role of school counselor

❖ **Thursday, February 14, 2019: *Relationships***

Topics to consider: respect, self-esteem, social media, healthy boundaries, conflict resolution

❖ **Thursday, April 11, 2019: *Creating a Safety Net***

Topics to consider: outside counseling referrals, parent education programs, navigating confidentiality with faculty/staff, crisis counseling