

## **I Am Me: Know Who You Are — Train the Trainer Online Program**

### **Overview**

This 5-week interactive virtual program is the online version of the flagship I Am Me program, designed to help individual leaders implement the I Am Me program across their organizations and equip their teams with the skills to identify the root causes of behavior while strengthening a sense of self and belonging. The program culminates in the implementation of the I Am Me: Know Who You Are protocol during a 1:1 session with a student, allowing learners to utilize the course information, practice the methodology, and develop the ability to train others on the framework.

### **Audience:**

- Small groups (up to 15) teachers, administrators or designated facilitators

### **Participants Will Learn How To:**

- Facilitate identity development and character education
- Understand the connection between thoughts, emotions, and actions
- Teach and model emotional regulation strategies
- Lead structured reflection and accountability conversations
- Implement and sustain the I Am Me framework within their organization

### **Program Details**

- 5-week virtual cohort experience following the IERE framework:
  - Sessions 1–2: Identity (Who am I?)
  - Sessions 3–4: Emotions (What am I feeling?)
  - Sessions 5–6: Relationships (Who am I connected to?)
  - Sessions 7–8: Environment (Is this the right environment for me?)
- Journaling and observation take-home assignments (minimal)

### **About Bell's Education**

Bell's Education is a leadership and organizational development company focused on character education and leadership. We provide practical, relationship-centered training that helps educators and leaders build structured, calm, and supportive environments where expectations are clear, communication is consistent, and people feel a strong sense of belonging. Through emotionally intelligent strategies, we support schools and organizations in strengthening culture, improving behavior responses, and creating spaces where individuals can succeed.

### **Ready to Bring This Training to Your Team?**

Visit [www.bellseducation.com](http://www.bellseducation.com) to learn more or schedule a consultation.