

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

Overview

This multi-day flagship program from Bell's Education develops leaders who can implement the I Am Me program across their organizations and equip teams with the skills to identify the root causes of behavior, while strengthening a sense of self and belonging.

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

- Train-the-trainer model for selected facilitators
- Structured 8-week program or 2 full-day sessions 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?)
- Includes guided discussions, journaling, and real-life application
- Facilitator-led delivery with optional Bell's Education support

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 to learn more or schedule a consultation.