



SOAR...

Personal & Professional Development Series

WHERE GROWTH MEETS MEANING

A library of 2-hour, self-paced online courses designed to equip learners with foundational knowledge and strengthen purpose-driven skills.



The Science of Attachment

Deepen your understanding of attachment and its powerful role in child development.

In this course, you'll:

- Understand attachment theory
- See how secure bonds support development
- Learn ways to help caregivers connect
- Explore strategies to support family relationships



A Strengths-Based Approach

Learn the foundations of a strengths-based approach and how to apply it in everyday relationships.

In this course you'll:

- Explore principles of a strengths-based approach
- Learn how to apply a growth mindset
- Discover practical strategies to support families
- Practice your skills through real-world scenarios



Growing Resilience Through a Trauma-Informed Approach

Learn the science of trauma and resilience and gain tools to respond with care.

In this course, you'll:

- Understand trauma and the ACEs study
- See how trauma affects early development
- Identify key protective factors for resilience
- Learn trauma-informed principles



The Power of Observation: Strengthening the Parent-Child Bond

Learn to observe parent-child interactions to build healthier parent-child connections.

In this course you'll:

- Understand why observation matters
- Use a framework to guide what you see
- Learn how to support families through challenges



Earn 2 NASW continuing education contact hours for each SOAR course!

