

Social Emotional Learning

The Key to Raising Emotionally Healthy Children, Increasing Academic Excellence and Instilling Character Development

Peggy D. Sideratos

Are you concerned by the levels of bullying, anxiety, depression and suicide rates in children?

Are you interested in improving children's academic achievement, behavior and emotional well-being?

There is an easy and enjoyable way to prepare children for the social and emotional challenges they face, to increase academic excellence and simultaneously improve your relationship with them.



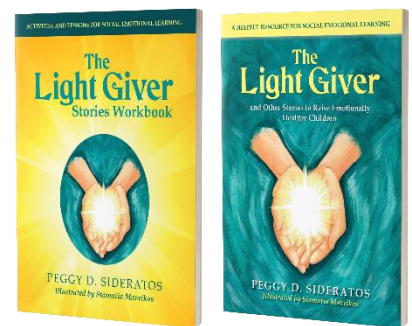
Peggy D. Sideratos, a seasoned elementary school teacher with over fourteen years of experience, recognized the desperate need for the development of social emotional tools for her students. With a Bachelor of Arts and graduating Suma Cum Laude with a Master of Science in Bilingual Elementary Education, Peggy also taught for the New York City Department of Education at PS/IS 180 in Brooklyn where she was part of the Gifted and Talented program. Peggy is currently in the process of getting certified by Rutgers University in Social-Emotional Learning and Character Development. Seeing the desperate need as an educator coupled with her love and devotion to children, Peggy was motivated to write her best-selling books, **The Light Giver and Other Stories to Raise Emotionally Healthy Children, and The Light Giver Stories Workbook**. [Amazon.com. https://www.amazon.com/Peggy-D-Sideratos/e/B07ZTXWPDQ](https://www.amazon.com/Peggy-D-Sideratos/e/B07ZTXWPDQ)

Peggy is an active member of the Dafnonas Society, a not-for-profit organization that raises money for charities and individuals who need help. She has served as their youth coordinator working with school children to donate thousands of dollars to the Make a Wish Foundation, St Jude's Children's Hospital, Shriners Hospital for Children, and the Ronald McDonald House. Peggy is a sought after and engaging speaker/presenter.

Peggy is available to speak to PTA, Moms Groups, Parenting Conferences and Organizations, Teacher Conferences and Organizations, Elementary Schools, Libraries, After-School Programs, etc.

Topics for Keynotes, Workshops, Lunch & Learns;

- **Teachers: The Widespread Benefit of Social Emotional Learning Skills Development.** Behavior Improvement, Classroom Calm, Parent Comradery, Academic Improvement including Higher Test Scores, Better Attendance, Empathy Development, Less Emotional Distress, Anxiety, Depression. Positive Personal Attitudes.
- **Parents: The Widespread Benefit of Social Emotional Skills Development.** Better Communication, Less Tension, Effective Bullying Coping Skills, Character Building, Respect, Preparedness Coping Skills for Adult Decision Making, Better College & Career Success, Less Mental Health Issues and Substance Abuse Problems
- **Elementary Schools and After School Programs- The Light Giver Story** sharing for Social Emotional Learning and Development, Lessons from the **Light Giver Stories Workbook** with student group discussion opportunities. (academics can be added)
- **Libraries-** Readings and discussion opportunities for Social Emotional Improvement and Development



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