

August 20, 2019

## ASI 2019 Experiential Workshops

The Experiential Workshops are a new feature for ASI 2019 designed to satisfy a yearning to learn about such topics as Indigenous knowing and healing, creative writing, self care, and enhancing social and emotional skills in our daily lives. Unlike the Concurrent Sessions that focus on evidence (the head) or the Concurrent Skills Workshops (focus on action – the feet), these workshops are designed to engage the heart and soul of participants and inspire new insights and skills for personal and professional development. The workshop presenters are knowledgeable, wise and experienced in facilitating diverse groups.

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### 5. Be the Change You Want to See: Exploring the Sustainable Development Goals with a Social Emotional Lens

**Workshop Leader:** Andrew Culberson, New Brunswick Department of Education and Early Childhood Development

This experiential workshop will use Problem-Based Learning to explore the United Nations (UN) Sustainable Development Goals (SDG), Social Emotional Learning (SEL) Competencies, Global Competencies and how all of this supports finding our purpose and promotes positive mental health. Issues such as poverty, equality, equity, education and climate change, to name a few, are part of the UN's call to action for developed and developing countries to respond to our rapidly changing world. Highly developed SEL competencies will help our world navigate the plan for tackling the SDG's. Having a purpose and the ability to formulate and carry out a plan promotes self-efficacy, which promotes a positive mental health and supports our own development.

Groups will be presented with a problem, where they must work together to formulate a plan to share. As participants dissect the SDG's together, they will be involved in true social learning. All learning is relational and our connection to each other and the world will help drive our innovation to be the change we want to see.

The conclusion of this workshop will allow us to make connections to the development of our own social emotional competencies and the global competencies, which are required to prepare for what's next. Participation in Problem-Based-Learning activities will help activate your senses, promote agency and provide the autonomy required for a personalized learning experience.

#### References:

Sustainable Development Goals: [www.un.org/sustainabledevelopment/sustainable-development-goals/](http://www.un.org/sustainabledevelopment/sustainable-development-goals/)

CASEL: [www.casel.org](http://www.casel.org)

#### Biography:

Andrew Culberson is passionate about helping others find their purpose and promoting positive mental health. Andrew currently works for the New Brunswick Department of Education and Early Childhood Development as a learning specialist in the Education Support Services branch. Prior to this, he worked as a guidance counsellor and teacher in the Anglophone School District West in New Brunswick. Andrew has his Masters in Education, Counselling and Psychology, Bachelors of Education and Bachelors of Science from the University of New Brunswick.

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