



**Together
We Grow™**

Course Catalog

— 2025 —



What Happens Early in Life **Lasts a Lifetime**

Hey there!

Welcome to the joyful, messy, magical world of children, play, and learning! I'm so glad you're here.

I started consulting because I'm passionate about the early years—those incredible moments from birth to age eight when little brains are growing faster than we can imagine (and sometimes when little bodies are moving faster than we can keep up!).

These early years lay the foundation for a lifetime of success, and I believe it's our job as educators, administrators, and leaders to **help children build that foundation with love, care, and a whole lot of fun.**

This catalog is your guide to everything I'm offering in 2025—keynotes and breakout sessions packed with practical strategies, fresh ideas, and plenty of inspiration.

You'll find ways to tackle challenging behaviors, transform stress into joy, foster inclusion, and make play the heart of learning.

Whether you're a teacher, director, or program leader, **there's something here to help you create positive, lasting change for both kids and your team.**

I can't wait to partner with you to bring more joy and growth into your classrooms and programs this year.

-Prerna Richards
Founder, Together We Grow LLC

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All the course topics listed in this catalog can be customized to provide individualized training sessions suited to program needs, ranging in length from 2 hours to 4 hours.

Keynotes (Part 1)

Keynote presentations can be customized to meet exactly the needs or themes of specific organizations or audiences.

Nurturing Hearts, Igniting Minds: Finding Joy through DAP in Early Childhood Education

Discover how Developmentally Appropriate Practice (DAP) can transform your early childhood program into a joyful and inclusive environment. Attendees will learn how to:

- Build nurturing, trust-based relationships with children and colleagues.
- Address challenging behaviors using positive guidance and a detective's mindset.
- Foster emotional intelligence to enhance classroom harmony.
- Prioritize joy and well-being for both educators and children to unlock their full potential.

Becoming a Brain Architect: Laying the Foundation in the Early Years

Unlock the power of brain development in the early years and learn how educators can shape lifelong skills. Participants will walk away with the ability to:

- Understand the critical role of brain development in building creativity, critical thinking, and executive function.
- Recognize behaviors as forms of communication and respond with empathy and effectiveness.
- Manage stress to create a positive and focused learning environment.
- Apply practical strategies to help every child thrive and succeed well beyond the classroom.



Keynotes (Part 2)

Thriving Together: Building Joyful Foundations for Early Learners and Educators

This keynote explores how to create thriving environments for children and educators alike. Attendees will:

- Understand the importance of the early years in shaping lifelong success.
- Learn how to become “Spark Champions” who ignite joy and passion in young learners.
- Develop self-care rituals to maintain energy, focus, and well-being while supporting others.
- Leave inspired with tools to balance professional impact with personal fulfillment.

Transforming Your Program from Stressful to Joyful!

Shift your early childhood program from tension to thriving with actionable strategies. Attendees will gain:

- Tools to deepen team connections and strengthen collaboration.
- Techniques to transform challenges into opportunities for growth.
- Strategies to replace stress with joyful learning and positive outcomes.
- A roadmap for building a harmonious culture where staff and students flourish.



Perna would love to hear more about your specific keynote needs!

[Click Here to Schedule a Call](#)

or send her an email at Perna@TogetherWeGrow.online.

Social Emotional and Challenging Behaviors (Part 1)

Transforming Challenging Behaviors: The Art of Positive Guidance and Responsive Interaction

When children push back, act out, or refuse to listen, it can feel like an endless power struggle.

But every behavior is a form of communication. In this session, you'll:

- Understand the brain states (Survival, Emotional, Executive) driving challenging behaviors.
- Learn to decode what children are really trying to tell you through their actions.
- Gain practical, actionable tools to manage pushback, defiance, and disruptive behaviors effectively.
- Leave empowered to create a calmer, more cooperative classroom where every child—and teacher—can thrive.

Managing Tantrums and Meltdowns

Ever been caught in a “who’s louder—me or the toddler?” showdown? Spoiler: the toddler usually wins. This session will:

- Break down the two types of tantrums and how to manage each effectively.
- Teach simple, life-skill-building strategies to reduce tantrum frequency.
- Equip you with calm, confident approaches to support children through emotional moments.

Anxiety in Our Early Learners

Ever wondered how a 4-year-old can have more stress than you on a Monday morning? Welcome to the club. In this session, you'll:

- Understand how anxiety manifests in early learners.
- Gain practical tools to create safe, supportive environments that nurture emotional well-being.
- Learn how to help children feel calm, connected, and ready to thrive.



Social Emotional and Challenging Behaviors (Part 2)

5 Strategies for Building Stronger Connections with Children

If “Stop that right now!” feels like your classroom mantra, it might be time for a new strategy. This session will help you:

- Shift from supervision-based to relationship-based approaches.
- Introduce social-emotional language that children can understand and use.
- Teach self-regulation, impulse control, and focus to build stronger classroom dynamics.

Transform Your Classroom from Chaos to Calm

Are you struggling with a chaotic and noisy classroom environment? This session is for you! Learn how to:

- Create a calm, engaging environment using proven strategies.
- Foster better communication and cooperation among your little learners.
- Replace frustration with focus, helping children and teachers thrive together.

Brain, Behaviors, and Learning: Connecting the Dots

Ever feel like you’re more of a referee than a teacher? Understanding the brain can change the game. In this session, you’ll:

- Explore simple brain-based strategies like composure, choices, and positive intent.
- Learn how to use reflective conversations to support emotional growth.
- Leave with tools to create environments that nurture learning and resilience.

Cultivating Growth Mindset in Young Children

How we approach life depends on our mindset—negative and positive. Because of this, the way we talk to the children in our classroom becomes all the more important. In this session, you’ll discover how to:

- Create fun activities to encourage persistence and risk-taking.
- Teach children to embrace mistakes as learning opportunities.
- Build foundations for lifelong confidence and success.

Social Emotional and Challenging Behaviors (Part 3)

Transforming Tensions: How to Turn Temperament Clashes into Classroom Success

Ever feel like you and a child are speaking completely different languages? (Hint: You are.) In this session, you'll:

- Learn how to identify and manage temperament mismatches effectively.
- Gain strategies to reduce stress and improve classroom harmony.
- Create an environment where every child—and teacher—feels understood and supported.

Cracking the Behavior Code: Sensory Insights for a Thriving Classroom

When a child refuses to sit still, is it defiance or just sensory overload? (Spoiler: It's usually sensory.) This session will:

- Help you understand sensory challenges and their impact on behavior.
- Provide hands-on techniques to support children with sensory needs.
- Create a classroom where children feel safe and ready to learn.

Do's and Don'ts of Engaging Circle Time: From Routines to Rituals

If circle time feels like herding cats, let's fix that. In this session, you'll:

- Learn how to make circle time engaging and meaningful.
- Discover ways to turn center time into opportunities for problem-solving and creativity.
- Master transition times with cognitive strategies that keep children focused and happy.



Would one of these sessions be impactful for your program?

Schedule a Call with Prerna

or send her an email at Prerna@TogetherWeGrow.online.



The Power of Play

Strengthening Attention and Focus in Young Children Through Play

If you've ever wished you could bottle up children's energy and channel it into focus and learning, this session is for you. In this hands-on, interactive workshop, you'll:

- Discover how play helps children develop focus, attention, and problem-solving skills.
- Explore strategies to use play to teach self-control, impulse control, and self-regulation.
- Gain practical tools to make learning fun, engaging, and meaningful for all children.

Developmentally Appropriate Practices (DAP): Simplified

If "DAP" feels like a buzzword with no clear roadmap, this session will make it practical and actionable. In this workshop, you'll:

- Understand what makes practices developmentally appropriate for different age groups.
- Learn how to create engaging circle times, smooth transitions, and joyful learning environments.
- Discover strategies to transform classrooms from stressful to thriving while helping children get the best start in life.

Authentic Play: The Role of the Teacher

Ever wonder what your role should be during playtime? It's more important than you think. In this session, you'll:

- Learn how to facilitate child-led, unstructured play that fosters creativity and critical thinking.
- Explore the power of authentic play in building emotional intelligence and problem-solving skills.
- Gain tools to create environments that encourage exploration, experimentation, and genuine engagement.

To Co-Regulate or Demand Compliance? Supporting Teachers' Use of Co-Regulation Strategies

If issuing instructions and expecting compliance isn't working, it's time for a shift. This paradigm-changing session will help you:

- Understand the power of co-regulation in building emotional resilience in children.
- Coach teachers to use empathy and support during challenging moments.
- Gain strategies to foster calm, connection, and cooperation, transforming classrooms into nurturing learning spaces.

Administration (Part 1)

Leader Role in Managing Challenging Behaviors

Feeling the weight of teacher burnout and turnover caused by challenging behaviors? You're not alone. This session will help you:

- Identify 5 actionable strategies to reduce stress and manage behaviors effectively.
- Gain tools to assess your program with fresh eyes and make impactful changes.
- Learn how to better support your teachers and create thriving classrooms for young children.

NAEYC Accreditation Overview

Wondering what it takes to achieve the "Gold Standard" in early childhood education? This session will:

- Break down the NAEYC accreditation process step-by-step.
- Guide you through program and classroom portfolio creation, observations, and standards.
- Equip your team with the knowledge and confidence to prepare for success.

NAEYC Code of Ethics

Ethical dilemmas can arise when personal and professional values collide. In this session, you'll:

- Dive into the NAEYC Code of Ethics and its application in real-world scenarios.
- Learn how to approach difficult decisions with integrity and clarity.
- Gain tools to ensure your team remains guided by ethical practices in interactions with coworkers, children, and families.

Hiring and Retaining Myths Debunked

Hiring and keeping great staff can feel impossible, especially in today's climate. This session will:

- Expose common myths about hiring and retaining staff in early childhood programs.
- Share practical strategies for shifting from "hiring" to "recruiting" and from "retaining" to "growing."
- Introduce the GIE model to transform your current team into a dream team.

From Enabling to Empowering: Rethinking Your Role in Early Childhood Leadership

Is your leadership style empowering your team or holding them back? This session will:

- Challenge traditional leadership models in early childhood education.
- Explore strategies to foster empowerment and leadership within your teaching team.
- Provide a fresh perspective on cultivating a culture of collaboration and growth.

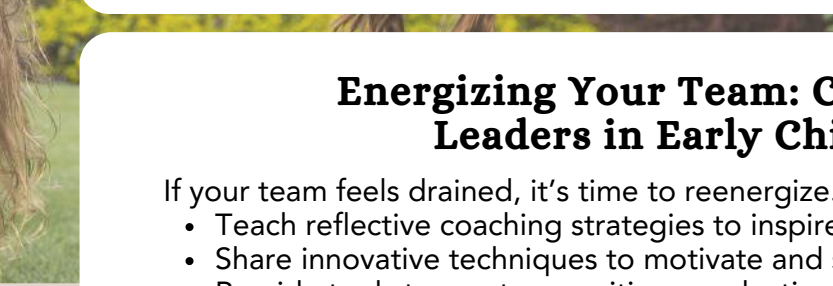


Administration (Part 2)

From Struggles to Success: Maximizing Staff Potential

Your leadership can transform your team from overwhelmed to inspired. This session will:

- Explore the impact of stress and how to lead with mindfulness and intention.
- Teach emotional intelligence principles to inspire and coach your staff.
- Provide strategies to develop self-awareness, manage stress, and lead with impact.



Energizing Your Team: Coaching Strategies for Leaders in Early Childhood Programs

If your team feels drained, it's time to reenergize. This session will:

- Teach reflective coaching strategies to inspire growth and accountability.
- Share innovative techniques to motivate and support your staff.
- Provide tools to create a positive, productive work environment.

Showing Up Resilient

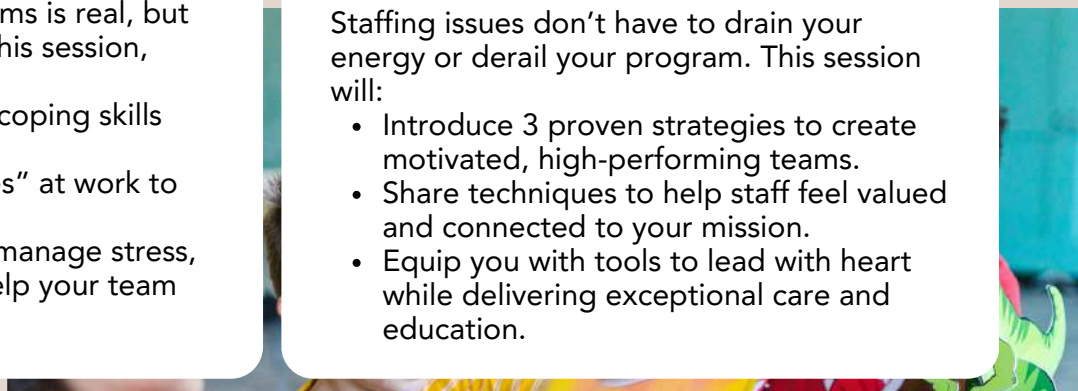
Stress in early childhood programs is real, but resilience can be cultivated. In this session, you'll:

- Explore how stress impacts coping skills and team dynamics.
- Learn to use "love languages" at work to build team connections.
- Gain practical strategies to manage stress, take care of yourself, and help your team thrive.

Leading with Heart: Unlocking Team Success

Staffing issues don't have to drain your energy or derail your program. This session will:

- Introduce 3 proven strategies to create motivated, high-performing teams.
- Share techniques to help staff feel valued and connected to your mission.
- Equip you with tools to lead with heart while delivering exceptional care and education.



Navigating Change: Understanding Team Dynamics and Communication Styles

Every new hire shifts your team's balance, but change doesn't have to be chaotic. This session will:

- Explore the four stages of change and how to navigate them smoothly.
- Help your team understand each other's communication styles, stress responses, and strengths.
- Foster harmony and collaboration to build a joyful, effective workplace.



Administration (Part 3)

Leading with Excellence: The Blueprint for Thriving ECE Programs

Break the cycle of stress in your centers with actionable strategies. This session will:

- Address the "TCC Virus" (Triggered Teachers Controlling play, focusing on Compliance).
- Introduce the SEEP framework: Sort brain states, Emphasize relationships, Empower educators, Prioritize a kind, fair approach.
- Provide practical tools to create a harmonious, productive environment for staff and students.

Transformative Approaches to Training and Coaching: Revitalizing ECE

Coaching can unlock the potential in your teachers and elevate your program. This session will:

- Dive into a powerful framework to cultivate growth mindsets and strengthen relationships.
- Share best practices for inspiring excellence in adult learners.
- Equip you with hands-on strategies to foster lasting impact in your program.

Beyond Behavior Management: Coaching for Lasting Change and Emotional Growth in ECE

Creating calm, productive classrooms starts with effective leadership. This session will:

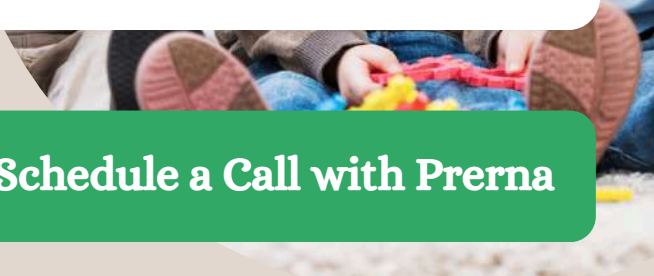
- Share research-based coaching practices to encourage prosocial behaviors and cooperation.
- Teach leaders to help teachers adopt proactive, intentional approaches.
- Provide tools to reduce reactive responses and create positive learning environments.

Unlocking Growth: Coaching Resistant Teachers Toward Joyful Classrooms

When teachers feel stuck, it's up to leaders to inspire change. This session will:

- Offer actionable strategies to foster strong relationships with resistant teachers.
- Introduce coaching techniques to break reactive habits and encourage growth.
- Provide tools to create supportive environments where both teachers and students thrive.

**Book a 30-minute discovery call to
customize a session that meets
your program's unique needs.**



Schedule a Call with Prerna

Diversity, Equity, and Inclusion

Nurturing Inclusivity: A Guide to Diversity and Equity in Early Childhood Education

Diversity, equity, and inclusion aren't just buzzwords—they're the foundation for creating learning environments where every child feels seen and valued. In this session, you'll:

- Explore the critical role early childhood educators play in shaping inclusive and accepting young minds.
- Learn practical, straightforward strategies to create welcoming spaces for all children and families.
- Gain tools to help children build self-esteem, confidence, and respect for others.

Developmentally Appropriate Practices (DAP) with an Equity Lens

DAP is vital for every child's growth, but without equity, its impact is limited. This session will help you:

- Understand how to adapt DAP to create inclusive and equitable learning environments.
- Learn easy-to-implement strategies to support children's cultural, linguistic, and personal identities.
- Build classrooms where all children can thrive with pride, self-esteem, and a strong sense of belonging.

Cultivating Inclusive Leadership: Navigating Bias in Early Childhood Education

Biases shape our perceptions in subtle ways, but leaders have the power to change that. In this session, you'll:

- Uncover hidden biases that can impact decision-making and interactions.
- Gain strategies to foster equity and inclusion within your team and classrooms.
- Learn how to create a culture where every child, family, and educator feels valued and respected.



Parent's Café Sessions

More and more schools are embracing Parent Café sessions to **tackle challenging behaviors and build stronger family-school partnerships.**

These customized 1.5–2-hour sessions equip parents with practical strategies to help children grow confident, balanced, and ready to thrive.



Nurturing Sturdy Parenting: Balancing Boundaries with Love in the 21st Century

Parenting doesn't have to be a battle between rules and connection. In this session, you'll:

- Discover how to set firm yet kind boundaries that promote respect and accountability.
- Learn to foster resilience and connection through love, not fear.
- Walk away with tools to create a joyful, harmonious home life in today's fast-paced world.

Making Parenting More Fun Than Stressful: The "9-Minute Magic" for Joyful Connections

Parenting can be fun—and it starts with just nine intentional minutes a day. In this session, you'll:

- Explore a simple yet powerful strategy to turn daily routines into moments of connection.
- Learn how small, focused efforts can reduce power struggles and deepen bonds.
- Leave inspired to bring more joy and less overwhelm to your parenting journey.

Beyond Obedience: Raising Resilient Kids with Co-Regulation Strategies

Big feelings don't have to lead to big battles. In this session, you'll:

- Discover co-regulation as an alternative to traditional compliance-based approaches.
- Learn simple techniques to guide your child through emotional moments with empathy and calm.
- Build a home environment that fosters cooperation, resilience, and a stronger parent-child bond.

What Happens Early in Life Lasts a Lifetime.

As you wrap up exploring these sessions, I hope you feel energized and inspired to bring joy, connection, and purpose into every classroom, team, and family you touch.

Early childhood is such a magical, pivotal time, and together, we have the power to make it extraordinary.

Whether you're building stronger teams, creating inclusive environments, or helping little ones thrive, know that you're making a difference. I'm honored to be part of your journey and can't wait to collaborate with you to bring these ideas to life.

See you soon at a session, workshop, or keynote!

Cheering you on!

-Prerna Richards
Founder, Together We Grow LLC



Ready to bring a keynote or breakout session to your school or program?

Let's connect for a 30-minute discovery call to explore how we can meet your specific needs and goals.

[Click Here to Schedule a Call](#)

**Or send me an email at
Prerna@TogetherWeGrow.online.**