

SEL CORE SERIES

A **Framework**
for School Transformation
Through Mindful,
Schoolwide SEL

BY: LANA PENLEY

Our school has completely changed since working with Lana. We are a kinder, calmer, and happier place.

— 4th grade teacher



Welcome

TO UNLOCKING SEL!

Creating Healthy and Happy Schools

We are a company founded by former award-winning principal, Lana Penley, with a simple yet powerful mission: to help schools become healthy, happy places where educators and students thrive. We help schools and districts do just that by supporting schoolwide SEL implementation.

The Struggle is Real

Educators are exhausted, burnout is at an all-time high, and students are struggling like never before. Anxiety, dysregulation, and disconnection have become the norm in schools, creating an urgent need for change.

Unlocking SEL offers a practical solution: a holistic approach that integrates mindfulness and social-emotional learning to create a thriving school culture. SEL is not just a student curriculum; it's about creating an ecosystem of care for all.



My staff said this was the best training they had ever had.

Oregon Principal

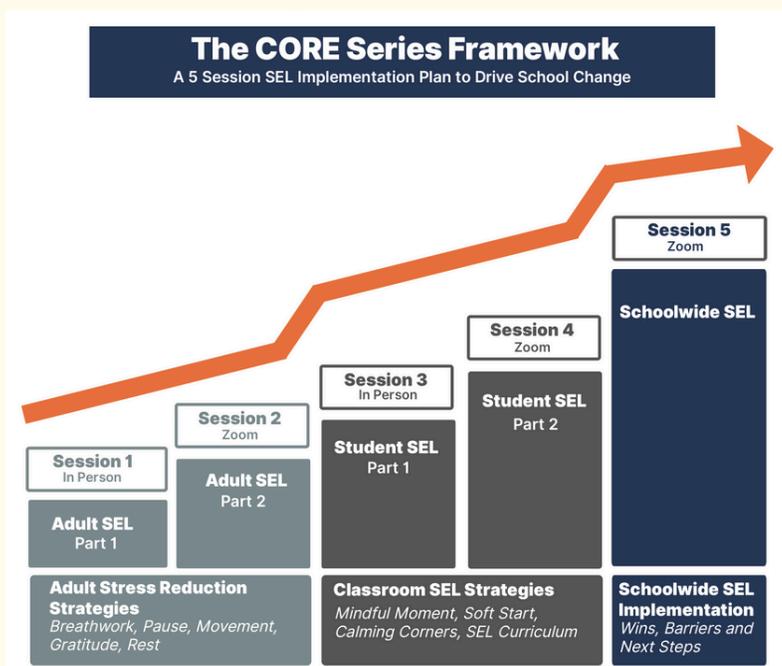
WHY SEL?

Research consistently shows that SEL improves academic outcomes, pro-social behavior, and overall student well-being. But the impact doesn't stop with students—when done well, SEL also supports teacher wellness through mindfulness-based strategies that reduce stress and burnout.

The challenge? Most schools don't know how to implement SEL in a way that sticks. Through her own journey as a principal, Lana Penley cracked the code—and now shares that practical, school-tested approach through the CORE Series Framework. She will lead your school through five dynamic training sessions uniquely tailored to your needs.

What's Included in the Core Series?

- **5 sessions:** 2 in-person, 3 virtual
- Adult SEL + Student SEL + Sustainability = Success
- Tailored to your school
- All sessions led by award-winning author Lana Penley
- Runs throughout the school year



Want to work with Lana?

Email Lana directly at [lana@unlockingsel.com](mailto: lana@unlockingsel.com) or book a call at [callwithlana.com](http:// callwithlana.com) to start the conversation.

About Lana



Lana Penley is the CEO and Co-founder of UnlockingSEL, Author, Speaker, and former decade-long school principal. With over 25 years of experience in education and school administration, she is a thought leader in the field of Social and Emotional Learning.

Following a school crisis, Lana shifted her life and the direction of her school utilizing SEL through the lens of mindfulness as a foundation for change. Now, her work is dedicated to supporting educators in social and emotional learning, starting with themselves.

Our Partners

Los Angeles School District, Portland Public School District, Vancouver School District, Evergreen School District, Hawaii Public Schools, David Douglas School District, Moundsville School District, Ector Co. School District, Charlotte Mecklenburg School District, among others.

Ready to Transform Your School?

The book cover features the title 'UNLOCKING SEL' in large, bold letters, with 'THE 5 KEYS' below it. The subtitle reads 'TO TRANSFORM SCHOOLS THROUGH SOCIAL AND EMOTIONAL LEARNING'. The author's name 'LANA PENLEY' is at the top. The cover art shows a heart with a keyhole and a key, with three stylized figures below.

- #1 Education Classroom Management
- #1 Educational Psychology
- #1 Philosophy & Social Aspects of Education

Lana literally wrote the book on SEL. Published, Sept. 2024

WHAT EDUCATORS ARE SAYING



Andy Long
Director of Education
David Douglas SD, OR

You will not go wrong attending Lana's presentation. She addresses perhaps the most important part of leadership...and that is the leader taking care of themselves! She speaks to teachers and school leaders like no other. Lana provides information that can be applied immediately for extraordinary results.

I have never met a person that doesn't appreciate Lana's message.



Carl Smith-Knapp
Assistant Director, Social Emotional
Learning, Evergreen SD, WA

Lana Penley provided mindfulness practices to the staff and administrators of three K-5 elementary schools in the Evergreen Public School District in Vancouver, WA. The focus of the professional development was purposeful for teachers and admin, and taught them strategies and hacks to improve their well-being, which in turn improves the well-being of their students. As a participant myself, I witnessed the power of educator wellness being prioritized, and I saw transformational practices occurring during the PD and in subsequent classroom visits

"Lana's training is of high quality, spot-on, and pertinent to educator needs and was exceptionally well received."



Kristie Lindholm

Executive Director of Schools and Learning
Vancouver, WA

Lana really brings home the message: We can't effectively teach social emotional learning to our students if our staff isn't well grounded in their own learning, growth, and wellbeing. This message and the framework were life changing.

"Lana's training really brings home the message, we can't effectively teach SEL to our students if our staff isn't grounded in their own learning, growth and wellbeing."



Bob Steele

Middle School Principal
Millbrae, CA

Last year Lana was able to work with my entire staff around ways to use mindfulness techniques. My teachers loved the sessions because of her strong facilitation skills and her ability to quickly build powerful relationships. All staff are looking forward to continued work with Lana so we can deepen our practice.

I have become a mindful school principal while working with Lana the last two years. I am clearer, calmer, and kinder at school and in all areas of my life.



Ali Herron
Kindergarten Teacher
Portland, OR

As a teacher at Marysville Elementary School, I had the opportunity to deepen my understanding of mindfulness in education while Lana held the position of our principal. Her deep knowledge of mindfulness-based practices enhances learning experiences so they can be felt in the body. This is both healing and empowering.

My work with Lana has been infused into my daily interactions with students, families, and staff. I can now meet interactions with compassion, gratitude, and non-judgment. Using brain-based strategies, I have improved my classroom management, relationships, and community under her guidance.



Lana leads from the heart, developing an ecosystem of care for each and every member of a community.



Kelli Joy
5th Grade Teacher
Portland, OR

I had the privilege of witnessing Lana Penley's transformation into the mindful leader she is today. Our school experienced a fire that shook us all to our core. Lana embraced mindfulness as a way to help us heal from this traumatic event.

As a principal, she was a brilliant mindfulness coach who put teacher self-care front and center. She leads by example, showing compassion and equanimity in a way that has inspired us all.



Lana's coaching has transformed my practice and I'm a better teacher for it. And for that I will be forever grateful.

