Sproutable Teacher Training 2026

Bring Sproutable to your team! We provide customized child care, preschool, and elementary school teacher training experiences designed to meet the real challenges you face in the classroom. With years of experience speaking, consulting, and coaching parents and teachers, Sproutable delivers engaging, practical, and inspiring talks that leave teachers feeling empowered and supported. As a Washington State STARS-approved trainer, we tailor every workshop to your staff's needs—whether you choose from our proven topics or request something unique for your program.

Invest in your teachers. Strengthen your classrooms. Build confident, capable kids.

👉 Contact us today to schedule a training for your staff: julietta@besproutable.com

Trainer: Julietta Skoog, Ed.S, MA

Julietta Skoog is a Certified Positive Discipline Trainer with an Ed.S Degree in School Psychology and a Masters Degree in School Counseling from Seattle University. She is the Early Years & Elementary Lead and co-founder of Sproutable, which offers grown ups the tools, systems and strategies they need to cultivate powerful relationships, teach social-emotional skills, and set healthy limits and boundaries with all kids, from babies to teens. Her trauma-informed expertise includes early child development, autism, learning disabilities, anxiety, behavior disorders, Positive Discipline, Social Thinking, and mindfulness. Julietta has helped families for over 20 years, including running the preschool assessment team and working in many elementary schools as a school psychologist and counselor for Seattle Public Schools. She draws from her real life practical experience working with thousands of students with a variety of needs and her own three children when coaching parents, bringing a unique ability to translate research, child development and Positive Discipline principles into everyday solutions.

Her popular keynote speeches, classes, and workshops have been described as rejuvenating, motivating, and inspiring.

Pricing

2 hour training = $990
3 hour training = $1360 (save 125$)
4 hour training= $1830 (save 150$)
6 hour training= $2720 (save 250$)
(+Sales tax 10.35%)

Consulting or teacher observations = $275 /hr

*Travel fees will be applied for locations outside of Seattle, WA USA. Reach out to Alanna Beebe, alanna@besproutable.com for more information

Signature Topics

Positive Discipline

Dr. Jane Nelsen's Positive Discipline parent + teacher education is based on the theories of psychologists Alfred Adler and Rudolf Dreikurs. Positive Discipline helps children feel a sense of significance and belonging through learning important life skills of empowerment, self-reliance and cooperation. Learn how to discipline with firmness and kindness, have fun as a teacher, and set the foundation for important social and life skills.

Emotional Regulation: Wiring the brain for capability and cooperation

Learn all about your student's brain development, mirror neurons and why it matters to offer opportunities to strengthen those neural connections. Learn how to teach emotional regulations skills when big emotions and tantrums erupt. Strategies for strengthening executive functioning, focus, memory, impulse control and empathy for all ages will be included. Take home tools you can use today to effectively deal with challenging behaviors.

Peer conflict

What skills do our children need to handle peer conflict? Teachers will learn how to embrace child conflict using specific techniques that teach long- term social emotional skills and solve problems in the moment. Regardless of their age, children have the opportunity to learn tools that decrease conflict and increase confidence and

assertiveness. These skills support peer interactions and social skills in the classroom and the home.

Anxiety in Children

Anxiety can be at the root of work avoidance, big emotions, sensitivity, limited social skills, withdrawn or internalizing behaviors, specific phobias, and perfectionism. Learn signs, myths, and helpful strategies to teach coping skills for overcoming anxiety in home and at school. You will leave with tangible tools to use right away with the child in your life, and a renewed sense of hope for how YOU can help.

Specialty Topics

Empowering vs. enabling

How do we empower our children to be capable, confident, and solve their own (small) problems? Empowering means turning over control to children as soon as possible so they have power over their own lives as well as having faith in them to learn and recover from their mistakes. This can be hard to do with little ones! Through experiential activities, teachers will learn Positive Discipline tools and responses that invite cooperation and teach responsibility, problem-solving and independence, even in the midst of big emotions and power struggles.

Encouragement vs. praise

What motivates young children? We cover Deci and Ryan's self-determination theory, Carol Dweck's growth mindset, and Daniel Pink's research on motivation through activities that explore the ways of facilitating persistence and intrinsic motivation in children. Shift away from making your student do well, toward helping your student want to do their best. Understand key drivers of intrinsic motivation and how to foster them, including creating a democratic classroom and inviting preschoolers to adhere to classroom expectations based on intrinsic motivation.

Power struggles and transitions

Power struggles can be frustrating. Learn tools to decrease and even avoid daily power struggles through transitions with children by inviting cooperation and creating routines together. Learn how to follow through once routines, limits and agreements have been made through mutually respectful responses.

Solutions vs. consequences
Instead of focusing on consequences, teachers can offer solutions to teach missing skills and avoid the punishment trap. Solutions are related, respectful, reasonable and helpful. Learn how to teach children HOW to take responsibility, make a repair, and learn from mistakes.

Mindfulness & self-care
Mindfulness strategies can enhance your ability to implement Positive Discipline tools, connect with your students, and decrease anxiety. Learn how to prevent teacher burnout and find small ways throughout the day to increase presence and patience with your students.

Celebrating Neurodiversity
The benefits of a diverse classroom are endless learning opportunities for young children! Julietta draws from 20 years of trauma-informed experience working directly with families, schools, and children with special needs as a former school psychologist with Seattle Public Schools for this educational event about child development, neurodiversity, and social emotional learning through the lens of Positive Discipline.

Our expertise is in supporting educators, and we'd be honored to partner with your community!

Contact us to learn more:

Sproutable, Inc.
www.besproutable.com/preschool
Julietta Skoog, Founder 206.714.3125
julietta@besproutable.com
Social Media: @BeSproutable

Testimonials

“I reached out to Julietta to facilitate training for our preschool and Prek team. I loved the fact that she had some options ready to go and I was able to give the teachers a choice of topic. She happily amalgamated the two most popular choices. Communication with Julietta was easy, and she responded promptly to questions and comments. On the day she arrived early to set up and check in. The next two hours flew by with Julietta engaging and challenging the team of over 45 experienced staff in a variety of interactive, informative, and thought-provoking conversations and activities. Everyone came away with something to try in their classroom the next day. Teachers were talking about the session for some time afterwards. If you are looking for a fresh take on early childhood teaching, I highly recommend Julietta!”

Linda Thelin, Pre-primary Program Supervisor at Cedar Crest Academy

“I had the true pleasure of partnering directly with Julietta recently in my role as an early learning training coordinator. Her wonderful mix of professionalism, relatability, warmth, flexibility, and wise experience make her a dream facilitator to work with! Julietta happily answered our team's request to provide a two-part series both in-person and virtually, crafted high-quality trainings that spoke to an audience of both parents and educators, and co-created an inclusive and accessible environment for our Deaf & Hard of Hearing participants. Her trainings are fun, engaging, creative, hands-on, solution-oriented, inspiring, and directly address the real challenges of parenting and teaching. She is generous in her resource-sharing and passionate about cultivating inclusive environments for all children. I loved working with Julietta and can't recommend her enough as a facilitator!”

Becky Krueger, Outreach Coordinator at Hilltop Children's Center, Seattle

“Julietta Skoog’s training on *Navigating Anxiety, Power Struggles, and Transitions* was incredibly impactful. She designed the training specifically for our needs, ensuring the information was relevant and directly applicable to our work. As an engaging and approachable speaker, Julietta made complex concepts easy to understand while providing practical strategies that could be implemented immediately. Her deep experience working with both families and schools allowed her to offer valuable insights that resonated with everyone in the room. She inspired teachers to dig deep into their practice and try new approaches with confidence. I highly recommend her training to anyone looking to create more positive and effective interactions with young children!”

Lisa Lukas, Director, University of Washington Children's Center at Radford Court

“I really appreciate the course that you put on. You fit lots of great information into a short time, were dynamic, sincere, and did an amazing job of keeping the course focused.”

“Thanks again for your presentation last night. I have had so many people come up to me today saying how much they got out of attending.”

“I really enjoyed your presentation. Even with the limited time it was full of information because you had a powerful and wonderful style of presenting. I was really impressed with your realistic and relatable way of sharing as well.”

“Thanks for doing this super event. You are such an amazing, authentic, engaging, warm, and inspiring presenter.”

“Super insightful. I'm excited to continue on this journey and learn more.”

"Entertaining, well-spoken, and her passion was contagious."

"Just the zap of energy we all needed right now as many of us have gotten into that mid-year burn-out."

"Very entertaining and knowledgeable."

Sproutable

SUPPORTING TEACHERS *growing* REMARKABLE KIDS.