



# Catechetical Workshops

FOR TEACHERS AND CATECHISTS

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*We set out to create professional development programs that teachers absolutely love. Tens of thousands of educators tell us we succeeded.*



**Sophia  
Teachers**

# Our day-long catechetical Workshops inspire, equip, and prepare teachers to lead their students to Christ.



Sophia Teachers' day-long professional development programs engage teachers and catechists with informed, enthusiastic Catholics whose wisdom and example offer educators a model for improving classroom engagement and renewing their enthusiasm for teaching young people.

Our programs are team-taught by a catechetical scholar who deepens teacher knowledge of Christ and confidence in teaching the Faith, and one of Sophia Teachers master teachers who models research-based teaching strategies that have been proven to effectively engage students.

We serve hot meals for breakfast and lunch to show we respect teachers and their vocation, and we distribute free of charge

teacher's guides that supplement whatever textbook series they are using. These guides are packed with up to 30 days of lesson plans that provide ideas for activities, readings, discussion starters, and more.

Best of all, at each program we emphasize to teachers that nothing – no book, no script – can replace them and their witness in the classroom when it comes to leading students to encounter Christ.

In many cases, Sophia Teachers is able to offer our programming at no cost thanks to local philanthropic support. In all cases, our team will handle all logistics, thereby completely freeing your staff from bearing the burden of planning and hosting professional development programs.

# What Makes our Professional Development Programs Unique?

Sophia Teachers is a non-profit organization founded by Catholic educators in 2014 with the mission to provide programs that are enlightening to the mind and ennobling to the heart; faithful and complete, as well as useful and practical.

## Increased Background Knowledge

A catechetical scholar leads several sessions that provide participants the knowledge they need to develop in their students a deep and abiding love for Christ and His Church.



## New Teaching Strategies

One of Sophia's master teachers provides research-based teaching strategies that offers immediate ways to apply the content they've learned into the classroom.

## Classroom Materials

Each teacher receives at no cost one of our supplemental teacher's guides focused on the day's content – a guide that can be used with any textbook series. These academically rigorous, classroom-tested guides provide teachers with all the resources they need to help young people more effectively engage with the teachings of the Catholic Faith.



## Spiritual Formation

Mass is offered at each of our programs, and teachers are led throughout the day to explore their vocation as a teacher, coming to see their calling as a witness to Christ.

## Ongoing Support

Each teacher will receive weekly lessons to help students spiritually prepare for Sunday Mass through an exploration of the week's Gospel reading, lesson plans that apply Catholic teachings to current events, as well as resources for incorporating the liturgical year into the classroom.



# Free Resources for Teachers and Catechists

## Sophia Sketchpad

You'll be hard-pressed to find a more effective tool for explaining difficult-to-understand theological concepts to young people. Sophia SketchPad is an innovative, engaging, and accessible video series to help young people better understand and live the Catholic Faith.



## Free Lessons

- ▶ **Call of Beauty**  
*Exploring the treasures of Catholic culture*
- ▶ **Wonders of Nature**  
*Investigating God's finely-tuned creation*
- ▶ **The Gift of Our Identity**  
*Teach the truth about Christian anthropology, sex and gender*



## Lesson Plans on the Sunday Gospel

Released weekly, these lessons enable teachers to engage students with the upcoming Sunday Gospel. Each lesson includes readings along with interactive activities such as role-plays, attitude inventories, journal exercises, and more.



## Teaching the Faith With Current Events

Released monthly, these lessons use today's issues as a means of teaching Faith principles, and provides student-friendly overviews, news links, discussion questions, extension options, and a complete answer key.

# Our Results



500  
workshops

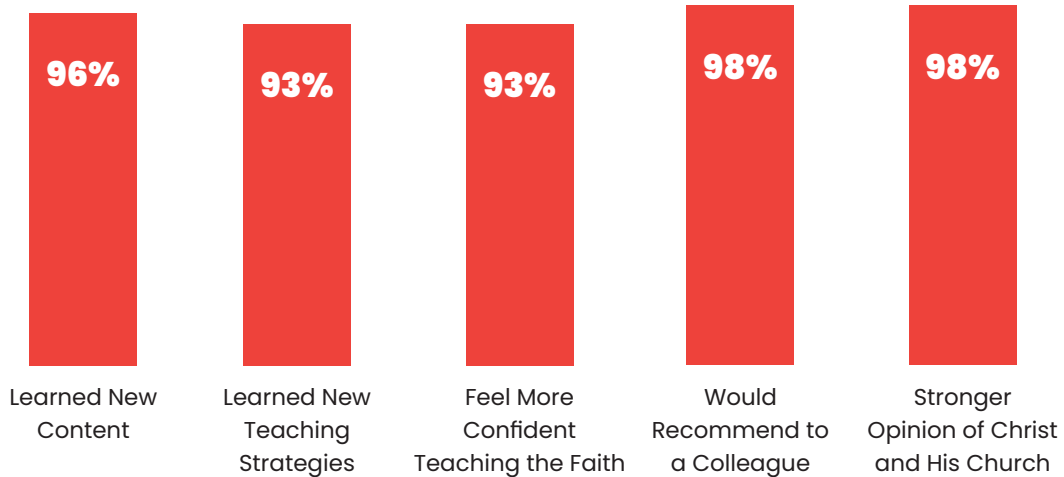


70  
(arch) dioceses



100,000  
teachers

## At Sophia Teachers workshops, teachers report...



# 85%

of teachers attending a Sophia Teachers program say that **our day-long training is better than any other professional development program they've attended.**



# Encountering the Person of Jesus

## SAMPLE AGENDA

8:30–9:00am	<b>Breakfast and Sign-In</b>
9:00–9:15am	<b>Program Introduction</b>
9:15–9:45am	<b>Pedagogical Session: Who Do You Say That I Am?</b> <i>Explore ways to lead your students in a reflection on who Jesus is.</i>
9:45–10:30am	<b>Scholar Talk: The Significance of the Incarnation</b>
10:30–10:40am	<b>Break</b>
10:40–11:25am	<b>Pedagogical Session: Fully God and Fully Man</b> <i>Engage in interactive, hands-on activities that will help your students understand what the Church believes about Jesus.</i>
11:30–12:15pm	<b>Holy Mass</b>
12:15–1:00pm	<b>Lunch</b>
1:00–1:45pm	<b>Scholar Talk: The Catholic Proposal — Union with Christ</b>
1:45–2:20pm	<b>Pedagogical Session: To Teach as Jesus Taught</b> <i>Jesus is the model teacher and catechist. Examine His pedagogy and learn concrete ways to emulate Him in your classroom.</i>
2:20–2:30pm	<b>Additional Resources, Evaluation</b>

# Dioceses Hosting Our Workshops



Archdiocese of Atlanta  
Archdiocese of Chicago  
Archdiocese of Denver  
Archdiocese of Galveston-Houston  
Archdiocese of Hartford  
Archdiocese of Los Angeles  
Archdiocese of Louisville  
Archdiocese of Miami  
Archdiocese of New Orleans  
Archdiocese of New York  
Archdiocese of Omaha  
Archdiocese of Philadelphia  
Archdiocese of San Antonio  
Archdiocese of San Francisco  
Diocese of Albany  
Diocese of Arlington  
Diocese of Austin  
Diocese of Beaumont

Diocese of Bridgeport  
Diocese of Camden  
Diocese of Charlotte  
Diocese of Colorado Springs  
Diocese of Dallas  
Diocese of Erie  
Diocese of Fresno  
Diocese of Gallup  
Diocese of Gary  
Diocese of Grand Rapids  
Dioceses of Great Falls  
Diocese of Green Bay  
Diocese of Helena  
Diocese of Laredo  
Diocese of Manchester  
Diocese of Marquette  
Diocese of Metuchen  
Diocese of Monterey

Diocese of New Ulm  
Diocese of Oakland  
Diocese of Orange  
Diocese of Palm Beach  
Diocese of Pensacola  
Diocese of Peoria  
Diocese of Pittsburgh  
Diocese of Richmond  
Diocese of San Diego  
Diocese of San Jose  
Diocese of Sioux City  
Diocese of Springfield  
Diocese of Springfield-Cape Girardeau  
Diocese of St. Augustine  
Diocese of Wichita  
Diocese of Wilmington  
Diocese of Winona

# What Your Colleagues Say About Sophia Teachers



**Misty Poe**

Superintendent of Schools, *Diocese of Austin*

"If you're looking for a way to give your teachers a beautiful experience of our Catholic Faith that also gives them tools to engage their students, I strongly recommend Sophia's workshops."



**Erin Barisano**

Superintendent of Catholic Schools, *Diocese of Orange*

"Sophia Teachers Workshops are one of the highest quality catechetical professional developments being offered. Workshops offer strong formation and equip teachers with solid pedagogical tools to help their students encounter Christ more deeply. If you

are looking for an opportunity for your teachers to be fed spiritually, grow in community, and gain a deeper understanding of the Catholic faith, then look no further than Sophia Teachers Workshops."



**Joseph Vorbach**

Superintendent of Catholic Schools, *Diocese of Arlington*

"Sophia Teachers workshops provide teachers with a day filled with dynamic presentations, spiritual formation, and time to collaborate with their fellow Catholic Educators. Our experience is

that teachers both benefit from these professional development workshops and enjoy them. Sophia Teachers Workshops are strong catechetical formation opportunities that teachers really value. I am happy to recommend them!"



**Wade Mathers**

Director of Catholic Schools, *Diocese of Duluth*

"Sophia's Catechetical Workshops are the perfect balance of content blended with practical application. Your teachers will not only benefit from these days, they will enjoy them. I highly recommend Sophia

Workshops for Catholic educators and catechists.

# What Teachers Say About Sophia Teachers

"This was as close to perfect as could be."

"This was the best religious conference day that I have attended in 12 years. Thank you!"

"Best Religion In-Service day in past seven years."

"The best part of today was the overall commitment and sincerity of Sophia leaders and the expertise of the professor."

"This was the most useful conference day I have ever participated in!"

"Today was bonding experience for myself and my colleagues. Today was a wonderful experience. I was able to take away spiritual and educational experiences."

"This was one of the better conferences I've been to. From the materials given to the location, I was very impressed."

"The entire format of the day was great."

"Very well organized and thought out day!"

"I liked the interactive trivia game – fun, and students would love that, too!"

"I love an opportunity for faculty to focus on spirituality. It was a great time to reflect and grow in Faith. Grateful for the free lesson plans/resources! Thank you for this awesome apostolate!"

"The use of interactive technology and hands-on activities was a great way to actively participate and apply the presented info."

"It was a wonderful day of recollection."

"Overall, well done. It's nice to have professional learning in religion since we tend to not offer this as much to teachers."

# Program Topics

Choose any topic from one of the four pillars of the *Catechism* or ask us about customizing.



# New Workshops for 2025-2026



## Teaching through Beauty

What is beauty? What forms does it take? Is it simply in the eye of the beholder? How does God reveal Himself in beauty to draw us closer to Him? Explore answers to these questions and reflect on the true nature of beauty while receiving lesson plans and practical ideas to lead your students to be transformed by beauty.



## Eucharistic Evangelization

Why do so many Catholics doubt the Real Presence of Christ in the Eucharist? Why do so many young people miss out on the true meaning of the Holy Sacrifice of the Mass? This Workshop will explore ways we can become more effective Eucharistic missionaries and help our students grow in their understanding and love for Jesus in the Eucharist.



*The Pillars of the Catechism* ►



## The First Pillar: The Profession of Faith



### Salvation History: A Story of Love and Mercy

Explore the limitless of God's mercy throughout Salvation History and how you can help your students integrate the corporal and spiritual works of mercy into their lives. You'll learn how God's mercy is revealed in His covenants and how they are ultimately fulfilled and through Jesus Christ.



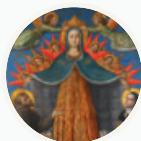
### Encountering the Person of Jesus

Explore what the Gospels and Divine Revelation teach us about who Jesus is and how to help your students understand why God became man. You'll also learn how to lead your students to a deeper encounter with Jesus through art, as well as how you can imitate Christ's pedagogy in your classroom.



### Essentials of Belief: Exploring the Creed

Explore the 12 articles of the Creed and how you can help your students come to understand the most fundamental convictions we have about God, the world, and humanity. You'll also spend time reflecting on key Catholic doctrines such as the Trinity, the Incarnation, the Paschal Mystery, the Church, the four last things, and more.



### Behold Your Mother

Explore the core Catholic teachings about Our Lady and how you can help your students see how a devotion to Mary can help them grow in holiness. You'll also examine images and titles of Mary, explore the four Marian Dogmas, and spend time reflecting on Our Lady's role in Salvation History.



### Rooting Our Catechesis in the Gospel

Explore the essential teachings of Jesus and how you can lead your students to live as disciples of Christ. You will learn how to make the basic proclamation of the Gospel, known as the *Kerygma*, active in your own life, and how it can form the basis of your vocation as a teacher.

*The Second Pillar: The Celebration of the Christian Mystery* ►



## The Second Pillar: The Celebration of the Christian Mystery



### Encountering God's Love in the Sacraments

Explore what a sacrament is as well as the foundation of each of the seven sacraments. You'll learn the Old Testament roots of the Eucharist, as well as how to engage students using sacred art.

### Source and Summit: The Holy Eucharist

Explore how the Eucharist is truly a sacrament of love and how you can lead your students to receive greater spiritual fruit from Communion. You'll learn the Old Testament roots of the Eucharist, as well as their fulfillment in the Holy Sacrifice of the Mass.



### Putting on the Armor of God: Teaching about Confirmation

Explore the effects and fruits of the Sacrament of Confirmation how you can lead your students to proclaim the Gospel like the Apostles. You'll also learn how to help your students see the true meaning of this Sacrament, and why it is so much more than a Catholic graduation or a public acceptance of the Catholic Faith.



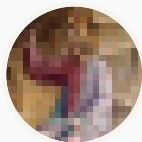
### Holy Day, Holy Year: Living the Liturgical Calendar

Explore the roots of the Church's liturgical year and how you can lead your students to appreciate and live it throughout the year. You'll explore activities you can implement in your classroom during the seasons of Advent, Lent, as well as Holy Days.

*The Third Pillar: Life in Christ* ►

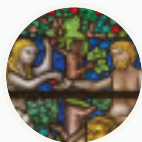


## The Third Pillar: Life in Christ



### **The Beatitudes and the Moral Life**

Explore the Beatitudes and how Jesus revealed through them the deepest meaning of God's law. You'll learn how to help your students see why Catholicism isn't simply compliance with arbitrary rules, and how to connect the truths of our Faith with living a virtuous life. This Workshop will provide you with ideas to make morality relevant to your students. Spend time reflecting on the themes of freedom, virtue, sin, conscience, and the Beatitudes.



### **Created in His Image: Exploring the Theology of the Body**

Explore St. John Paul II's teachings on the Theology of the Body and how you can lead your students to understand what it means to be made in the image and likeness of God, male and female. You'll also explore ways to appropriately teach about purity as well as other sensitive topics related to the human body.



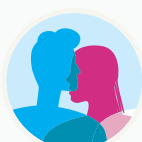
### **Exploring Catholic Social Teaching**

Explore in-depth the Church's social teachings and ways you can help your students learn how they are called to serve God and neighbor. You'll explore topics such as human dignity, the corporal and spiritual works of mercy, just war theory, the proper role of government, the different types of justice, and our call to care for the poor and vulnerable.



### **A Catholic Response to the Sin of Racism**

Explore ways you can help your students understand how sin is at the root of racism and how Christ helps us overcome sin and work for holiness, peace, and justice. Themes include the dignity of the human person, the virtue of justice, and how the Church's teachings on solidarity, subsidiarity, and forgiveness can help us effectively address racism.



### **Christian Anthropology: Responding to Modern Challenges**

Explore the truth of the human person, the reality of sex, and the magnitude of the cultural influences of gender ideology from a societal level to your local community. Learn facts about gender dysphoria, transgender identification, and the psycho-social, medical, and surgical interventions to align the appearance of the body with self-determined identity. Understand Church teaching on the dignity of the person and medical ethics of "gender-affirming care" and the meaning of true accompaniment for vulnerable persons and help for those who are suffering. Finally, receive activities, lesson ideas, and practical tools to help guide you in navigating this difficult issue with your students.

*The Fourth Pillar: Christian Prayer* ►



## The Fourth Pillar: Christian Prayer



### Prayer: A Conversation With God

Explore the various forms of prayer and how you can lead your students to enter into a more intimate relationship with Our Lord. You'll also learn the examination of conscience, the importance of silence, and the different ways to pray, including *Lectio Divina*.

## Additional Topics



### Apologetics in partnership with magis center

These workshops will help teachers counter the viral secular myths that are leading religious people of all faiths, especially millennials, to view faith and science as opposed, and to infer that God is no longer worthy of belief.



### The Catholic Faith and Science

Explore ways to help students confront today's biases towards atheism, relativism, and scientism. Deepen your faith by examining what science shows about the Shroud of Turin, Eucharistic miracles, the age of the universe, and more.



### The Catholic Response to Challenges of the Modern World

This workshop takes a deep dive into the Ten Commandments and why we should obey them, even--and especially--when it comes to tough issues like transgenderism, homosexuality, abortion, and others.

*Evangelization and the Saints* ►



## Evangelization and the Saints



### **St. Junípero Serra: A Man of God, A Mission of Love**

Explore how Father Junipero Serra was a courageous witness to the Catholic Faith and defender of human dignity. Learn how he worked to protect Native Americans from the abuses of the Spanish colonial government and to win legal protections for Indigenous peoples.



### **Liberating a Continent: John Paul II and the Fall of Communism**

Explore Pope St. John Paul II's role in the fall of communist rule in Central and Eastern Europe, and especially how his spiritual leadership ensured a revolution of conscience that still resonates as we respond as Catholics to the challenges of today.

# Contact Us

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