

DEVELOPING RESILIENCE

NEUROSCIENCE INFORMATION

- ESSENTIAL
- ENGAGING
- INFORMATIVE

Full / Half Day Session

Seminar will cover:

- Overview of the impact early trauma can have on behaviour of children / adolescents / adults.
- Why are we experiencing record levels of behaviour issues in our current population? What can neuroscience tell us about this increase?
- What is resilience, and how can it combat these increased behaviour issues?
- How can we increase resilience?



This workshop will cover how trauma can impact the development of the brain, and how we can increase the 'antidote'= resilience. Both of these concepts, the cause and the cure, will be covered in language that is easy to understand and apply, whilst still being based in research and neuroscience.

We are doing so much great work that is going undetected when it comes to behaviour. It is the everyday, relational interactions that are increasing coping skills for our children, youth and adults. Come along to hear what you are doing right, so you can keep doing it, and inspire others to do it too!

The way this information will be explained will allow you to individualise the information to your own personal situation. This is essential, as we are all unique and need different environments to compliment our individuality. You will leave this session with information that will allow you to immediately implement into practice

The training will be carried out by Kathryn Berkett of ENGAGE. Kathryn has her Masters in Educational Psychology, and has certified as a Neurosequential Model of Therapeutics practitioner with Dr Perry. Kathryn has extensive experience in this area. She has worked and trained in this area for over twenty years, delivering to a variety of organisations including Teachers; Police; Oranga Tamariki; Parents; Recreation Groups; Mental Health Professionals; and Corporates. She has also recently had a TEDx talk published – titled 'Neuroscience of Device Zombies'.