

# Jessica Sinarski, LPCMH

Powerful Keynotes &  
Interactive Workshops



User-friendly brain science to equip staff and empower students. Get past the buzz words with BraveBrains.



We had many requests to bring Jessica back for more training...  
**Her passion is contagious and her suggestions are very practical and easy to implement.**

- Statewide Training  
Coordinator (NM)

## MOST REQUESTED SESSIONS

### Unlocking Resilience: Tools for the Trauma-Sensitive School

Trauma and adversity often lead to challenging behaviors that disrupt learning, but that is not the whole story. Superheroes are born from adversity! Learn to interpret both staff and student behavior through a user-friendly brain-based framework.

Discover new tools for helping students engage the calm, connected, and curious parts of their minds once again, revealing the resilience that was there all along.

*This popular workshop can stand alone as a keynote or provide a deeper dive in a 1- to 2-day professional development intensive.*

(continued on next page)

Contact Melanie Winters at (302) 319-4298 or [info@BraveBrains.com](mailto:info@BraveBrains.com) to book your event

[WWW.BRAVEBRAINS.COM](http://WWW.BRAVEBRAINS.COM)

## What's Inside Your Backpack?

The weight of stress, worry, and trauma can have lasting impacts on both body and brain. This shows up in every area of school life - from the classroom to the lunchroom to the staff lounge! Take some time to dig into your backpack and learn strategies to set aside the "books" you're not meant to carry. Participants will learn concrete tools for lightening the emotional load for staff and students. Trauma-expert and author Jessica Sinarski weaves in the latest brain science to make this inspirational session a lasting change-maker!

## Preventing Burnout: Calming the Chaos Inside

With stress levels at an all-time high, educators need quick tools for self-regulation. Take some time to fill your tank with this experiential workshop and leave with practical tools for quickly calming mind and body. Practice over 10 different activities for reducing dysregulation in both self and students. We will wrap up with a personalized plan for incorporating brain-boosting habits into hectic daily life.



Contact [info@BraveBrains.com](mailto:info@BraveBrains.com) to place your order.

### BRIEF BIO

Jessica Sinarski is a clinical supervisor, consultant, author, and educator who equips parents and professionals to be healers for hurting children. Weaving user-friendly brain science into everything she does, Jessica ignites both passion and know-how in audiences. She partners with school districts and child welfare agencies across the country to better incorporate effective trauma-sensitive practices into their work. She also shares her expertise as a contributor to magazines, blogs, and podcasts. She is also the author of the *Riley the Brave* picture books and *What's Inside Your Backpack?*



**It was excellent!!**

Jessica was very engaging and knowledgeable. **I'm walking away with tools to use in my classroom tomorrow."**

-1st Grade Lead Teacher (DE)

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