

Behavior Rewired Train-the-Trainer

Building B.R.A.V.E. Leadership Capacity Across Kentucky

GRREC + BRAVEBRAINS

Natural Partners

GRREC is leading the change in Kentucky

GRREC empowers districts across Kentucky to build sustainable educational systems that innovate, inspire, and influence positive change.

As a collaborative force for equity and excellence, GRREC strengthens adult capacity through professional learning, real-time problem solving, and strategic partnerships that help every educator and student thrive.

BraveBrains supports schools, districts, and regional partners to:

1. Reduce the frequency and intensity of disruptive behavior
2. Increase staff capacity to prevent, manage, and respond to behavioral challenges
3. Share language and consistent practice across systems

THE COLLABORATION

Began in 2024

Feedback from GRREC's "Light Up the Learning Brain" Regional Event reflected the power of this collaboration to meet the needs of GRREC's members. The result was outstanding.

In GRREC's follow-up survey, 100% of participants agreed that:
"The information I learned today will help me better support students"

(92 strongly agreed, 12 agreed, 104 total)



Jessica was so great, the best I have ever had the privilege of being taught in regard to trauma/brain.

- School Counselor (KY)



We cannot tell you the impact you made on us and our team!

- Chele Gillon
District Lead Counselor (KY)

BEHAVIOR REWIRED

train-the-trainer

Behavior Rewired Train-the-Trainer is a two-day training experience with pre- and post-event support that equips staff to “lead from within” using brain-based, trauma-informed strategies to transform schoolwide behavior systems.

By the end of Behavior Rewired, participants will be able to:

- ✓ Understand the B.R.A.V.E. framework and how it fits with existing behavior strategies
- ✓ Strengthen Tier 1 systems with practical, brain-based approaches
- ✓ Increase staff buy-in by approaching with compassion, clarity, and a little playfulness
- ✓ Return ready to train others with slide decks, visuals, facilitator guides and alumni support

OBJECTIVES & VALUES

Alignment

Trauma-Informed Practice

Behavior Rewired's focus on brain science and trauma aligns directly with GRREC's goal to become more trauma-informed. Both emphasize understanding the root of behavior, not just managing behavioral symptoms.

Building Relationships & Supportive Environments

The "R" in B.R.A.V.E. (Relationships Build Brains) reinforces GRREC's values of dignity, respect, and working together. Strong adult-student relationships are foundational to both Behavior Rewired and GRREC's mission.

Student Outcomes

Understanding and validating protective brain responses (e.g., when a student is in "Tiger brain") helps staff scaffold toward regulation. Over time, this supports students in developing executive functioning, self-regulation, and critical thinking



Jessica Sinarski, LPCMH
BraveBrains Founder & Lead Trainer

 This training provides a powerful, practical shift in how we understand and respond to behavior. It's relevant, accessible, and highly applicable across all grade levels.

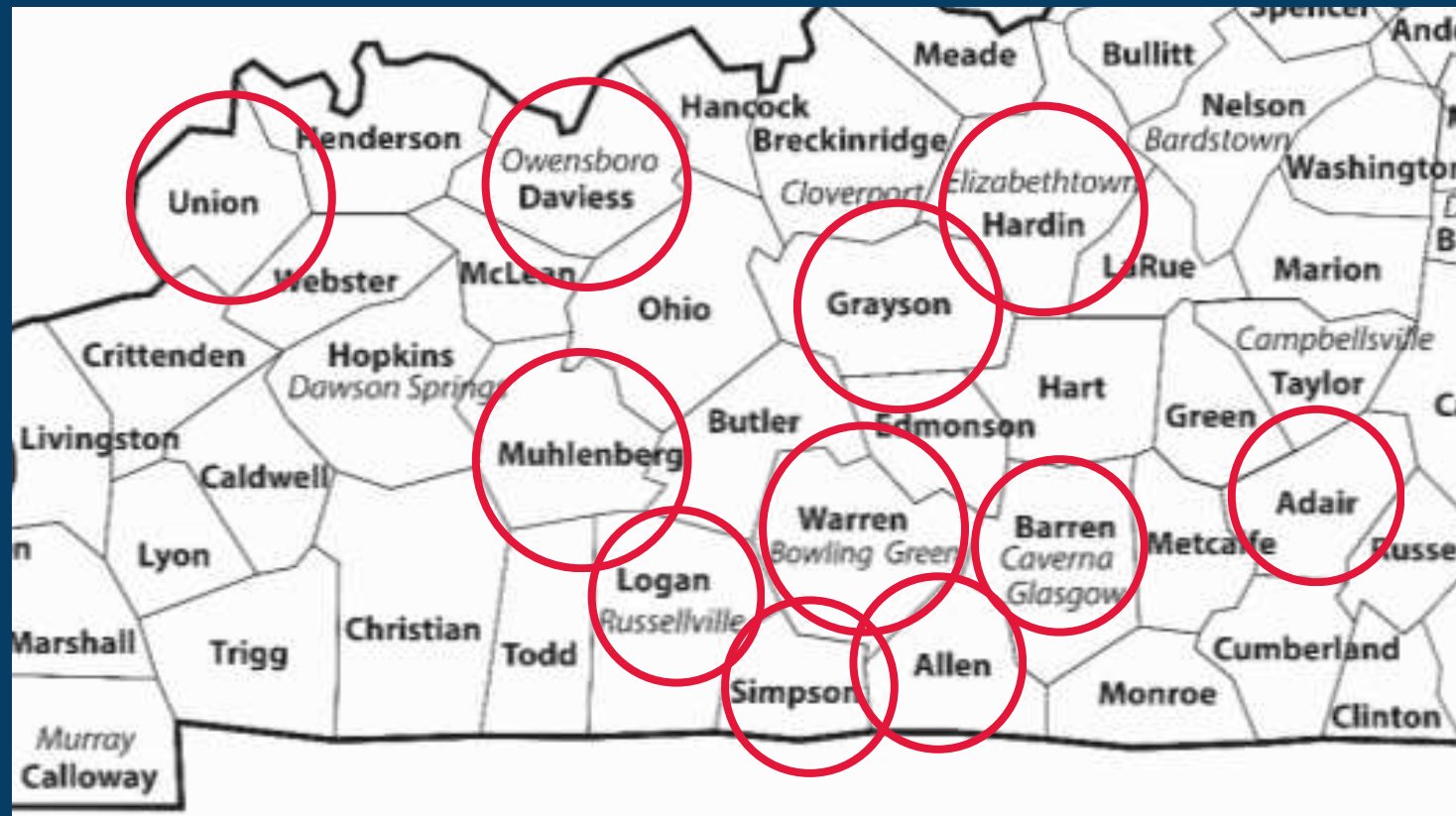
– Brandon Bishop, District Behavior Specialist (KY)

STRONG TURNOUT FROM

Kentucky & the U.S.

There was strong interest from GRREC's core constituents

Additionally, GRREC attracted visitors from across the US



Despite it being a difficult travel time of year



Affirming GRREC's reputation as a premiere institution



Behavior Rewired was a fabulous training! I love the resources along with the real world knowledge.

- Heather LaMastus, Counselor (KY)

DAY 1:

Know & Experience the Power of B.R.A.V.E.

- It's tough to see how *all* behavior makes sense, so we introduced the B.R.A.V.E. framework to help educators make sense of challenging behavior
- Grounded ourselves in the fact that **managing student behavior won't create academic success**. Building strong (upstairs) brains will.
- Added a **trauma-sensitive lens rooted in strength & user-friendly science**
- And because **relationships are inextricably linked to learning**, discussed how adults brains can go into protection mode too.



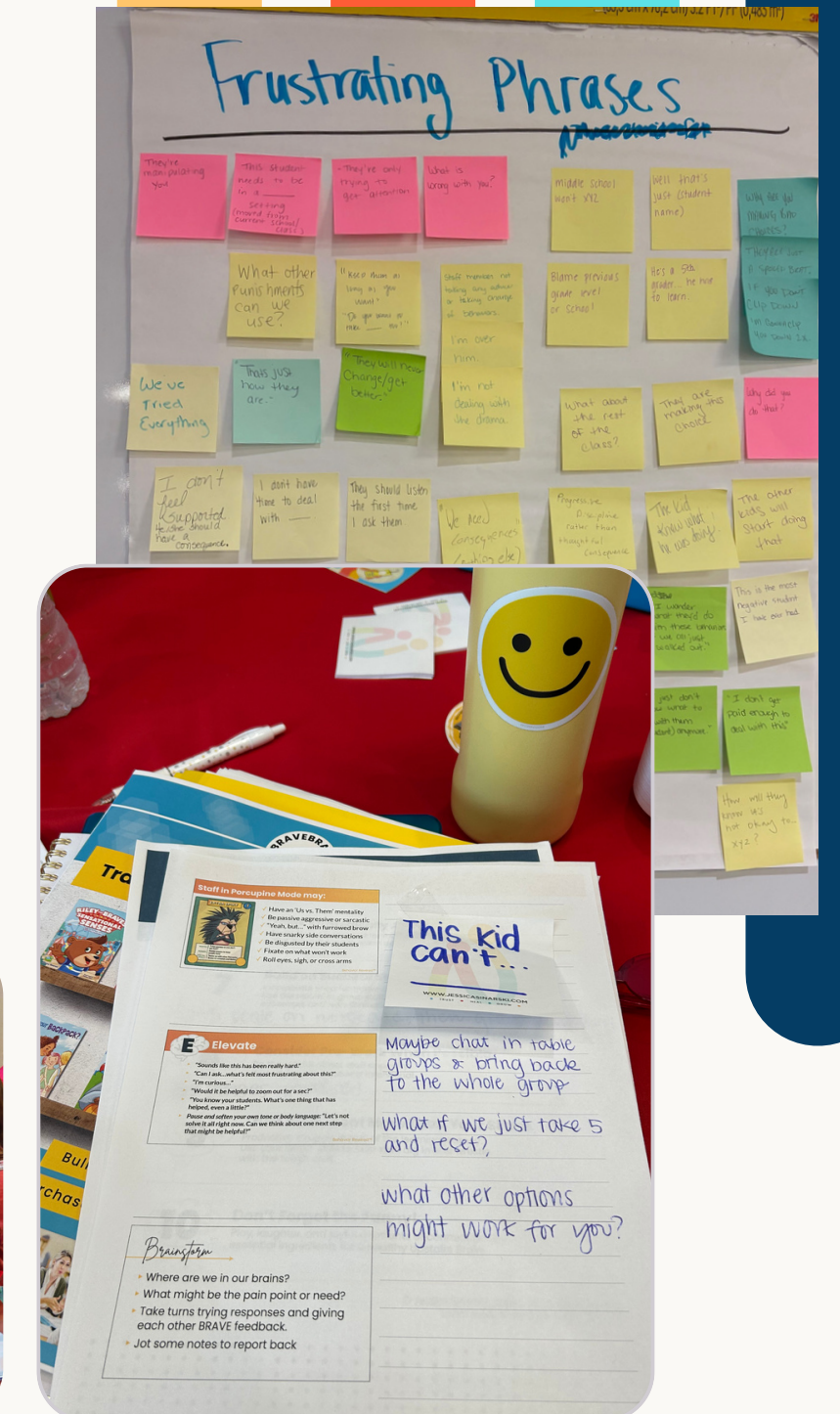
What would you tell a colleague who was considering this training?

GOOOOOO! You will leave ready to conquer the world.

- Jennifer Parker, Behavior Instructional Liason (TN)

DAY 2: Practice, Teach, & Create Lasting Change

- **Reflected on where Protection Mode Leadership shows up in ourselves** and how we could shift toward BRAVE Leadership in that moment.
- **Strategized ways to help students with disruptive behavior build upstairs brain skills.**
- **Reflected on what is communicated with eyes, tone of voice, and body language** while role playing challenging staff interactions.
- **Prep, plan, and practice...playfully!**



The best part about Behavior Rewired Train-the-Trainer was the format, pace, application, and overall feeling of being with like minded people who get the importance of this work. Having the knowledge to better understand yourself and thus those you interact with.

- Liliana Igmen, Assistant Principal/SpEd Coordinator (NV)

GRREC & BraveBrains

“ I was so looking forward to this training. **It exceeded my expectations...** I am walking away more **knowledgeable, motivated, and excited** about using this information.

I can already imagine the changes that I will see with my students. Thank you for all of your time, information, and resources.

- Lillian Mekolon, Exceptional Education Teacher (KY)

IMPACT + INTEGRATION

KPIs

Final Feedback

100% of attendees recommend Behavior Rewired to others

98%	93%	85%
Felt confident in describing the B.R.A.V.E. Framework and how it relates to student and staff behavior	Felt equipped to facilitate training or discussions using brain-based strategies.	Were ready to create a realistic plan to shift from behavior management to brain-based support
Baseline was 11%	Baseline was 20%	Baseline was 15%

BUILDING SUSTAINABLE CHANGE

The work doesn't end here. GRREC-trained educators are ready to take the B.R.A.V.E. framework back to their districts.

Together



I love the simplicity of upstairs and downstairs, the visuals, the hands on, your voice and energy level is amazing! I'm walking away with things to USE!

- Laci Galyen, Behavior Coach (KY)



This training was truly one of the best I have had. It was so productive, the materials were organized so well, and Jessica was so engaging, informative, and helpful.

- Lillian Mekolon, Exceptional Education Teacher (KY)

We Love Our Regional Partners!



Visit [BraveBrains.com](https://www.BraveBrains.com) to learn more