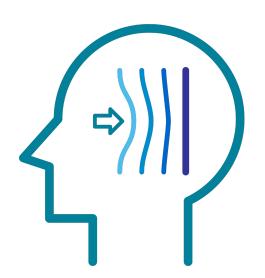


## Processing Thinking: Resilience and Flexibility In-Person Training

Students who exhibit behavior that is challenging to adults often struggle with cognitive flexibility and resilience. When the brain lacks access to its ability to gain and send out certain information, it may result in behavior that can look very rigid. In turn a student who is struggling with adapting to adversity may be struggling with resilience. In this training, participants will learn about the components of flexibility, resilience, and how their practice can influence a student's growth in these areas. We will look at the effects of a system that struggles to naturally cope with adversity and how to teach methods to be flexible when our brain wants to be rigid.



**Date**: April 3, 2024

**Time:** 8:30am-3:30pm



Cost: \$50.00\*

Registration: <a href="https://snswi.com/SNSTrainingCESA10">https://snswi.com/SNSTrainingCESA10</a>

\*NO COST to parents and family members of students with IEP's and IDEA Discretionary Grant Employees

For more information please visit:

https://snswi.com/Events

