

Imagine a more productive, positive, and peaceful atmosphere, where teachers and students alike can more easily reach their highest potential.

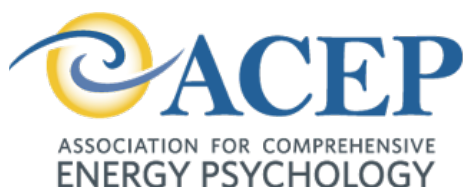


Effective Mind/Body Tools & Techniques for Trauma, Resilience, Self-Confidence and Performance

This full day workshop provides evidence-based techniques that can be used in group and individual settings, for adults and students alike – with proven potential to help individuals:

- improve self-awareness
- recognize and regulate emotions and behavior
- reduce personal and professional stress
- reduce academic anxiety
- identify and reframe limiting beliefs
- allow students to tap into their true strengths and abilities

REGISTER NOW AT: energypsych.org/toolsforschools



MAY 14, 2020 | 8:30 am - 4:30 pm
Hyatt Regency Inner Harbor
Baltimore, MD