

REVOLUTIONARY RESILIENCE & SELF-REGULATION FOR EDUCATORS, PROVIDERS & YOUTH THEY SERVE

Proven Proactive Wellness & Coherence Practices for Educators and Providers Serving Youth with Impacts of Trauma, Neurodiversity, Attachment Issues or Chronic Challenging Behavior

**Date & Time to be Determined
by Your Agency**

**TRADITIONAL APPROACHES ARE INSUFFICIENT TO EQUIP EDUCATORS
& PROVIDERS TO MANAGE & OVERCOME THE STRESSORS AND
DEMANDS FACED IN TODAY'S SCHOOL & TREATMENT**

Who should attend?

- Teachers, Administrators, Assistants, Office Staff
- Clinicians, Supervisors, Front Line/Direct Care Staff

What makes this training so valuable?

- ✓ Traditional approaches to “stress reduction” & “resilience” have often been insufficient to:
 - Address emotional, physiological, and cognitive demands and depletion that occur for staff in serving roles
 - Prepare staff to maintain mental clarity, good decision-making & personal regulation under challenging circumstances
- ✓ Based in the most current research on resilience, coherence & energy management, this training is designed to provide:
 - Actionable, simple, and time-sensitive strategies that...
 - Can be done by every educator/mental health provider, and...
 - Can be supported on a school-, district-, or agency-wide level
- ✓ Strategies proven to result in effective, durable outcomes for youth with: ADHD, Anxiety, Depression, ASD, Trauma, Addiction & more

Certified Trauma Practitioners & HM Trainers: Bowman Consulting Group

Rick Bowman, M.A., Clinical Psychology
Doris Bowman, M.S. Education/Special Educ.



**LIMITED SEATING!
REGISTER ONLINE NOW!**

<https://revolutionary-resilience - Date - .eventbrite.com>

(Date & Time TBD by your School/Agency)

Virtually Via Zoom OR at In-Person Location

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TRAINING DETAILS

COST: Early Bird Discount:
(by 5/19/23)
Regular Discount:
(after 5/19/23)
Group Discount 5+:

CONTINUING : Certificate for 7 PDUs
EDUCATION is provided to each attendee

QUESTIONS?

Contact us at
team@bowmanconsultgroup.com

HOSTED BY:

Your Agency Name Here

“As a former Navy SEAL, I work with elite performers including NFL teams, Fortune 500 execs and Navy Seals using HeartMath Practices. They learn to self-regulate their emotions, resulting in significant performance improvements.”
-- Curt C., former CDR (SEAL)
HeartMath Certified Trainer