



NATIONAL CENTER for  
**YOUTH ISSUES**

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*Speakers Bureau*

# Jessica Sinarski

SPEAKER AND AUTHOR



Jessica Sinarski, LPCMH is a highly sought-after therapist, speaker, and change-maker. Weaving user-friendly brain science into everything she does, Jessica ignites both passion and know-how in audiences. Extensive post-graduate training and 15+ years as a clinician and educator led her to create the resource and training platform BraveBrains. She partners with school districts and child welfare agencies around the world to unlock resilience in children and adults alike.

Jessica makes social emotional learning (SEL) practical, equipping parents and professionals with deeply trauma-informed tools. She is the author of the award-winning *Riley the Brave* series, *Your Magic Backpack* series, *Your Amazing Brain*, and *Light Up the Learning Brain*. She also shares her expertise as a contributor to magazines, blogs, and podcasts. Jessica lives in Pennsylvania with her husband and three busy boys.

## A BRIEF LOOK AT JESSICA'S KEYNOTE SESSIONS

### Trauma, the Brain, and Hope for the Weary Educator

"Trauma-informed" has become a buzzword in education, often leaving teachers with more questions than answers. Discover the hopeful side of neuroscience, with plenty of user-friendly applications for all ages. Participants will practice a variety of brain-building strategies to unlock hidden potential in students and staff.

### Your Amazing Brain

All behavior comes from the brain. It's not reductionist, it's reality. The question is...what does that mean for you? How can you harness the latest neuroscience research to improve the world of education? How do you reach even the most dysregulated students? How do you keep your cool along the way? Join award-winning author Jessica Sinarski on an illustrated journey to answer these questions and more, with tools to bring the learning back to your entire school community.

## A BRIEF LOOK AT JESSICA'S PRE-CONFERENCE/PLENARY SESSIONS

### Light Up the Learning Brain: Equipping Staff, Empowering Students

This lively session will take a fresh look at the root of "bad behavior" – in students AND staff – and the brain processes involved. Participants will discover new tools based on the latest neuroscience to increase learning opportunities, reduce negative behavior, and improve school culture. Whether you're a brain novice or well-versed in research about Adverse Childhood Experiences (ACEs) and the brain, you won't want to miss this hope-filled learning experience. *This popular half-day workshop can stand alone or go further with a train-the-trainer series.*

Contact Robert Rabon at [rrabon@ncyi.org](mailto:rrabon@ncyi.org) or 423-309-4300 to engage Jessica for your event

## What's Inside Your Backpack: 5 Steps to Reduce the Emotional Load

The weight of stress and trauma can have a lasting impact on students and staff! Take some time to dig into your metaphorical backpack and set aside the "books" you're not meant to carry. Participants will practice concrete resilience-building strategies to lighten the load. Bring the experience back to your school community with adaptations for all ages! (1-3 hours)

### A BRIEF LOOK AT JESSICA'S BREAKOUT SESSIONS

#### The ABC's of Self-Regulation

Feeling flummoxed by students' poor choices? Baffled by bad behavior? Get back to basics with this trauma-sensitive 3-step plan. Learn what self-regulation is (and isn't), how to teach it, and simple ways to practice this important skill in the classroom and beyond.

#### Grief, Gratitude, and Grit

Give your brain the boost it needs in this experiential workshop. Trauma expert Jessica Sinarski gently guides participants through self-reflective exercises, helping you befriend your nervous system. Feel the difference in mind, body, and soul as you understand what is *really* happening inside, why it matters, and what you can do about it.

#### 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 refreshing workshop and leave with practical tools for quickly calming mind and body. Participants will 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.

#### Sensing Safety: Prevent Crisis with Sensory Supports

The human brain processes 11 million bits of information every second, which come in through our *eight* (not five) senses. Neurodivergence and trauma can bias the brain toward quick, defensive reactions to all that sensory input, leading to frustrating behaviors and learning disruptions. This workshop provides eye-opening sensory basics in a kid-friendly format with practical takeaways for integrating into the school setting.

#### Let's Talk About ANGER!

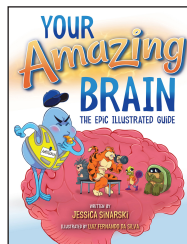
Yelling, fighting, or silent rage...Anger is a BIG feeling, and it has something to teach us if we can slow down enough to listen. Let's get practical in this hands-on workshop designed to help you tame your triggers. Gain tools for understanding what is underneath this primal, protective emotion so you can keep your thinking brain in charge and teach your students how to do the same.

### BY JESSICA SINARSKI

#### Your Amazing Brain

##### *The Epic Illustrated Guide*

Ready to harness the power of your brain? Discover the surprising role of our eight senses, differences between the two brain "teams", and more! Along with a diverse cast of characters, Sinarski transforms complex neuroscience into fun graphics, simple metaphors, and practical solutions.



#### Hello, Anger

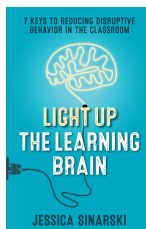
The students at Sunnyvale Elementary carry a lot in their backpacks - including some things you can't see quite so well, like big feelings and confusing emotions. Today, one fiery red book keeps spilling out and exploding onto everyone: ANGER! It's time for the kids to use their best detective skills to figure out what's underneath those angry feelings.



#### Light Up the Learning Brain

##### *7 Keys to Reducing Disruptive Behavior in the Classroom*

Are you eager to increase learning opportunities, reduce negative behaviors, and improve staff and student morale? You'll discover how the brain's two main "operating systems" interact and often compete, the power of play, curiosity, and safety in fostering brain development, and more.



#### What's Inside Your Backpack?

##### *Coping Skills For Kids Who Have Experienced Trauma*

Zoei wants to feel light-hearted, but keeps getting weighed down by pesky "books" in her backpack, like worry and shame. There are no quick fixes to problems, but this story offers ways to nurture resilience and helps kids impacted by trauma realize how strong they really are!



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