



NATIONAL CENTER for
YOUTH ISSUES

6101 Preservation Drive • Chattanooga, TN 37416 • www.ncyi.org



Speakers Bureau

Laura Filtness

SCHOOL COUNSELOR, AUTHOR, AND SPEAKER

Laura Filtness, M.Ed., is a passionate and experienced school counselor with over 15 years. A strong advocate for student well-being and professional development, Laura served on the board of the Tennessee School Counselor Association (TSCA) for over six years and was honored as the TSCA Elementary School Counselor of the Year in 2017. She also holds multiple ASCA Specialist certifications.

Laura is the author of *My Brain Is Like a Puppy*, *30-Minute Groups: Executive Functioning*, and *30-Minute Groups: Separation Anxiety*, all reflecting her commitment to practical, engaging, and inclusive support for all students. She has presented at the state and national levels on topics including mindfulness in schools, supporting students with ADHD, and using literature and cooperative activities to enrich counseling lessons.

Laura has supervised counseling interns from local colleges and universities and actively mentors new professionals in the field. Outside the classroom, she and her therapy dog, Boss, volunteered at grief camps, hospitals, university stress-relief events, and school reading programs.

A lifelong learner and wellness advocate, Laura is a 200-hour certified yoga teacher and holds several Pilates certifications, integrating mindfulness and movement into her personal and professional life.

A BRIEF LOOK AT LAURA'S WORKSHOP SESSIONS

Empowering Student Success Through Executive Functioning

Executive functioning challenges can hinder students' academic, social, and emotional progress. In this practical, research-informed session, participants will explore tools to support key executive skills, including activation, focus, emotional regulation, memory, and task completion. Whether you're working one-on-one, in small groups, or collaborating with families and staff, you'll walk away with strategies to help students build independence, increase engagement, and reach their full potential.

Mindful Matters: Boosting Your Program with Mindfulness & Resiliency

With nearly one in three students struggling with self-regulation, the need for school-based strategies to build resilience has never been greater. This session offers a framework for embedding mindfulness practices and resilience-building strategies into your MTSS program. Leave with actionable techniques that can be implemented immediately to benefit all students.

Contact Robert Rabon at rrabon@ncyi.org or 423-309-4300 to engage Laura for your event

Books and Cooperative Activities: Engaging Students Through Story, Collaboration, and Play

Looking for ways to make your lessons more engaging and impactful? This fun and interactive session explores how picture books, hands-on games, and cooperative learning activities can transform your counseling curriculum. Discover how to use storytelling and play to promote social-emotional growth, build connections, and increase student participation. You'll leave with ready-to-use resources and creative ideas to energize your small groups and classroom lessons.

From Tears to Tiers: Creating a Tiered, Comprehensive Counseling Program

Tired of putting out fires all day? Learn how to shift from reactive to proactive by designing a comprehensive, data-driven counseling program aligned with a Multi-Tiered System of Supports (MTSS). This session guides you through building support systems at every tier, utilizing data to inform decisions, and streamlining your work for greater impact. Leave with tools and templates to help you build a program that works smarter, not harder.

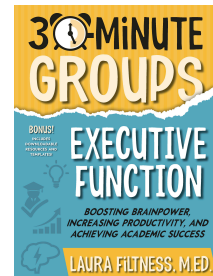
Nurtured by Nature: Reconnecting Students with the Outdoors for Cognitive and Emotional Growth

What happens when children are disconnected from nature, and how can we change that? This session explores the growing body of research on the cognitive, emotional, and behavioral benefits of nature exposure for students. Learn how to integrate outdoor experiences into your school counseling program, from mindfulness walks to nature-based SEL lessons. Leave with practical strategies you can share with staff and implement schoolwide to boost regulation, attention, and resilience.

BY LAURA FITNESS

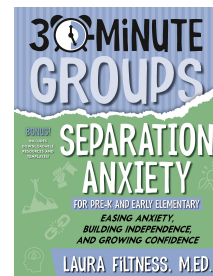
30-Minute Groups: Executive Function *Boosting Brainpower, Increasing Productivity, and Achieving Academic Success*

Topics include planning, time management, organization, task initiation, attention, self-monitoring, self-regulation, impulse control, and flexible thinking. The lessons and activities in this thoughtfully crafted resource are designed to help students understand these skills, practice using them, and develop strategies they can apply in their daily lives.



30-Minute Groups: Separation Anxiety *Easing Anxiety, Building Independence, and Growing Confidence*

Topics include goodbye rituals, morning routines, coping skills, and overcoming fears. The lessons and questions in this thoughtfully crafted resource are designed to help students understand and manage their emotions, learn calming techniques, and develop tools they can use to separate confidently from their caregivers and engage fully in school life. This workbook's engaging design ensures all students can participate and learn, fostering a sense of safety and connection with their peers.



Contact Robert Rabon at rrabon@ncyi.org or 423-309-4300 to engage Laura for your event