



NATIONAL CENTER for
YOUTH ISSUES

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

Speakers Bureau

Jessica Sinarski

SPEAKER AND AUTHOR



Jessica Sinarski, LPCMH is an award-winning author, dynamic speaker, and the founder of BraveBrains. She has spent her entire career working with children who have challenging behaviors and the caring adults in their lives. 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 loves spicy food, Diet Coke, and her sweet, silly family...not in that order.

Jessica has worked with thousands of teachers, counselors, and administrators to get to the root of problematic student (and staff) behavior. She translates neuroscience into action steps through comprehensive professional development, diverse books, and practical tools for the classroom and beyond. Learn more at BraveBrains.com.

A BRIEF LOOK AT JESSICA'S WORKSHOP SESSIONS

World-Changers: Cultivating Hope in Your School Community

With everything on your plate, it's easy to lose sight of the inherent hope that education provides. We can get stuck in spirals of disruptive behavior, disconnection, and even despair. Luckily, that's not the end of the story. This uplifting keynote will help you interrupt these negative cycles. Equal parts heartwarming and empowering, discover how small shifts can lead to big changes for you and the future world-changers in your school.

Behavior Rewired: 3 Steps to Breaking Negative Cycles

This lively session will take a fresh look at the root of "bad behavior"—in students AND staff—and the brain processes involved. Your school days don't have to be an endless cycle of frustration and dysregulation. Discover new tools based on the latest neuroscience to reduce negative behavior, build self-regulation, and light up the learning brain!

Anxiety, Anger, Attention-Seeking...AAAAAH!

Stress and intense emotions like anxiety, anger, and shame weigh on students and staff alike. Plus, many students seem to be lacking the frustration tolerance needed for academic success. While there are no quick fixes for life's complex challenges, this hands-on workshop will provide an SEL toolbox refill...with a few takeaways for the child inside us all.

70 Milliseconds: The Fast Track for Shifting Disruptive Behavior

Tired of hearing "trauma informed" without knowing how to apply it? This session translates complex neuroscience into simple, practical tools ready for the classroom. With fresh insights on how to improve behavior, you'll walk away with confidence, renewed hope, and strategies that truly make a difference.

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

Hands to Yourself: Sensory Secrets for Classroom Management

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 makes sensory science practical and easy to use. You'll leave with whole-class and individualized strategies to enhance focus, reduce stress, and help your students build their self-regulation "muscles" in the process.

From Eye Rolls to Aha Moments: Getting Staff to Buy In

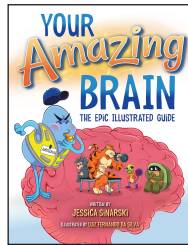
As a school counselor, you already see the connection between understanding the brain and making sense of student behavior. The challenge? Getting staff to see it too. Join *Light Up the Learning Brain* author Jessica Sinarski as she shares simple, effective ways to spark aha moments and make behavior change a team effort.

BY JESSICA SINARSKI

Your Amazing Brain

The Epic Illustrated Guide

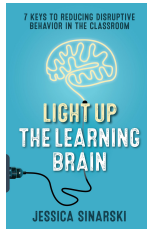
Ready to harness the power of your brain? Discover the surprising role of our eight senses, differences between the two brain "teams", and more! Along with a diverse cast of characters, Sinarski transforms complex neuroscience into fun graphics, simple metaphors, and practical solutions.



Light Up the Learning Brain

7 Keys to Reducing Disruptive Behavior in the Classroom

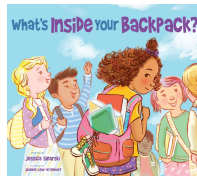
Are you eager to increase learning opportunities, reduce negative behaviors, and improve staff and student morale? You'll discover how the brain's two main "operating systems" interact and often compete, the power of play, curiosity, and safety in fostering brain development, and more.



What's Inside Your Backpack?

Coping Skills For Kids Who Have Experienced Trauma

Zoey 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!



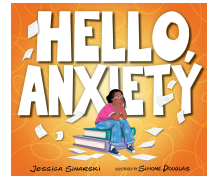
Hello, Anger

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.



Hello, Anxiety

Destiny Davis carries more than just schoolbooks in her backpack. Her constant companion, Anxiety, makes everyday tasks feel impossibly hard. But when a big class project sends Destiny into a full-blown spiral, her dad steps in with a surprising solution - and a reminder that even the toughest challenges can be faced head on.)



Hello, Peace Card Deck

Boost Self-Awareness, Empathy, and Everyday Problem-Solving Skills

Hello, Peace is a 40-card game designed to help children ages 8+ build emotional awareness, empathy, and everyday problem-solving skills through guided play. Using age-appropriate reflection prompts and playful challenges, kids pause, imagine, move, and engage in meaningful connection with others. It adapts easily to classrooms, counseling groups, therapy sessions, family game nights, and small-group settings. Use it as a full game, a quick conversation starter, a journaling prompt, or a brief brain break.

Skill-Building Categories

- The Whole Story - Seeing the bigger picture behind behavior and feelings
- Inside the Backpack - Exploring worries, thoughts, and experiences kids carry
- Bright Thought Bookmarks - Practicing flexible thinking and encouraging self-talk
- Let's Press Pause - Using breathing, movement, and mindfulness strategies
- All Play - Building belonging and connection through group activities