



The Brain-Based Classroom

How to maximise learning and social-emotional development of all students, and support behaviour and regulation at school.

A professional development seminar for teachers and school professionals.

With profound advances in modern neuroscience, we now have a deep understanding of the neural foundations of behaviour, regulation, relating and learning. By applying this knowledge to the classroom, educators are in a unique and powerful position to provide the relationships and experiences that will support regulation, strengthen students against anxiety, reduce challenging behaviour, support social and emotional development, buffer and heal against the effects of trauma, and maximise the learning potential of all children. This workshop will translate the latest neuroscientific theory into actionable, relatable, practical strategies and insights to support the strengthening of all children. We will explore:

- the neural foundations of behaviour, learning, and emotion;
- the essential conditions that will switch on the 'learning brain';
- how anxiety, stress, and trauma (historical and ongoing) impact learning, behaviour, and relationships, and how to respond effectively;
- how to recognise behaviour that might be driven by anxiety or trauma;
- how to respond to big feelings and behaviour to effect immediate and long-term change;
- understanding, responding to, and reducing the critical incidents of challenging behaviour;
- to co-regulate or co-dysregulate - how our brain state influences the brain states of the young people in our presence;
- the techniques that will support a more regulated, learning-ready classroom;
- how to build relationships that protect, heal and strengthen all children and why this is essential;
- why many common, well-intended behaviour management techniques don't work (including separation-based disciplines, classroom reward charts, stand-downs, suspensions), why they often backfire, what to do instead;
- how to identify paths to success for all students, and increase their sense of belonging, connectedness, and engagement in school;
- the relationship between sensory input, learning, and behaviour;
- a new model for behaviour and regulation that will make way for a more effective, compassionate, targeted response;
- how to support educators, and why prioritising the care of educators is essential.



About Karen Young

Karen began her career as a psychologist working extensively with children, teens and families. She is a sought-after speaker and consultant and works with schools, government bodies, and child and adolescent focused organisations both in Australia and overseas to build resources, implement procedures, and support the professional development of staff. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety. She is the author of three books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety, feelings, and behaviour.