



Dr. Pete Hall

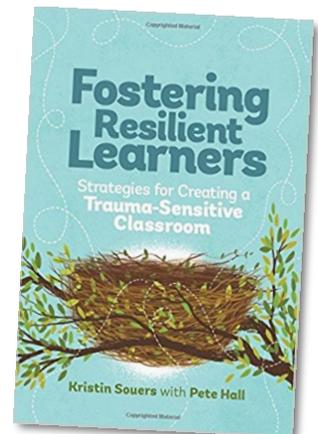
SELF-CARE TO FOSTER RESILIENCE IN YOURSELF AND OTHERS

Wednesday, December 5, 2018 - 7 pm
Glenbard East - 1014 South Main Street - Lombard

Head off frustration and burnout with essential self-care techniques that will help you and your student flourish. We all know the importance of taking care of ourselves, yet many parents struggle to do so. Come talk and learn with Pete Hall, former school principal and co-author of the educational best-seller "Fostering Resilient Learners," and explore ways to support yourself, your children and their success at school.

This presentation will provide you with ideas on how to help your children be as "learning-ready" as possible for school, no matter what age they are. We will talk about the brain and what a developing brain needs to be successful, and how you can partner with your children to achieve that success.

Participants will learn communication strategies that work, how stress impacts the brain, and how to get the brain "learning-ready," supporting learning both in and out of school. Pete Hall is an award winning school administrator and author of seven books including "Creating a Culture of Reflective Practice: Capacity-building for Schoolwide Success". For his tenacious and courageous leadership, Mr. Hall has received numerous awards of recognition.



This program is free and open to the public.

