Helping Children Cope: Putting Humpty Back Together Again!

Presented by Jeanine Fitzgerald
October 21, 2020
Jeanine draws on more than 40 years of professional experience to empower teachers and parents. As a certified Human Behavior Consultant and Specialist, and owner of The Fitzgerald Institute of Lifelong Learning, Jeanine specializes in research-based strategies that maximize the fulfillment of a child’s potential and their implementation in “real life” settings. She understands the daily struggles of educators and parents and honors the “hero within” each individual she has the privilege to work alongside. As a speaker, consultant and master trainer, Jeanine has worked with thousands of children, professionals and parents across the country. As an author, Jeanine has published The Dance of Interaction and two national training programs entitled Education with Insight and Parenting with Insight. She is currently putting the finishing touches on her second book, Educating the Heart.
Overview of the Session

At the completion of this session, participants will have examined why

Stressed Kids are Not Empowered Kids

The Scales Must Tip from Vulnerability to Resilience

The Seven Roots to Resilience are Not Negotiable
The Ways We Adjust....

Externalize
- Troublemaker
- Mascot

Internalize
- Invisible Child
- Super Kid
The Roots of Resilience

Initiation → Deep Connection
Deep Connection → Purpose
Purpose → Joy
Joy → Silence and Solitude
Silence and Solitude → Creativity
Creativity → Transcendence
Transcendence → Initiation
“When I was 5 years old
My mother always told me that
Happiness was the key to life.

When I went to school
They asked me
what I wanted to be
When I grew up
I wrote “happy’

They told me
I didn’t understand the assignment
And I told the
They didn’t understand Life.”
### Upcoming Hidden Sparks Without Walls Sessions

| For Teachers: November 4, 2020 | Developing the Art of Asking Powerful Questions in the Classroom  
Presented by: Dr. Laya Salomon |
|-------------------------------|------------------------------------------------------------------|
| For Teachers: December 1, 2020 | Designing The Space To Cultivate Creative Capacity  
Presented by Rabbi Michael Cohen |

If you are interested in bringing Hidden Sparks to your school or city, please contact us:

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