

Open Minds Open Spaces

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Speaker Spotlight:



Rick Robinson

Wednesday
October 21st
10am-12pm
2 hours, Set 2
CKC: HSN

Session Topic:

**Adopting Resilient
Strategies for Youth and
Adults**

Participants will examine the role stress plays in development and learning and key strategies to help the children they serve become tolerant, resilient and regulated when presented with challenges.

Importantly, only a well-regulated adult can help a child regulate and during this session participants will develop concrete, specific, daily strategies that support adult regulation. Well-regulated adults have the ability to be present with children and utilize a mindset and approaches to relationships that facilitate supportive, regulating connections with them. Strategies to prepare for interactions, making initial contacts and maintaining connections with children will be examined and implemented.

