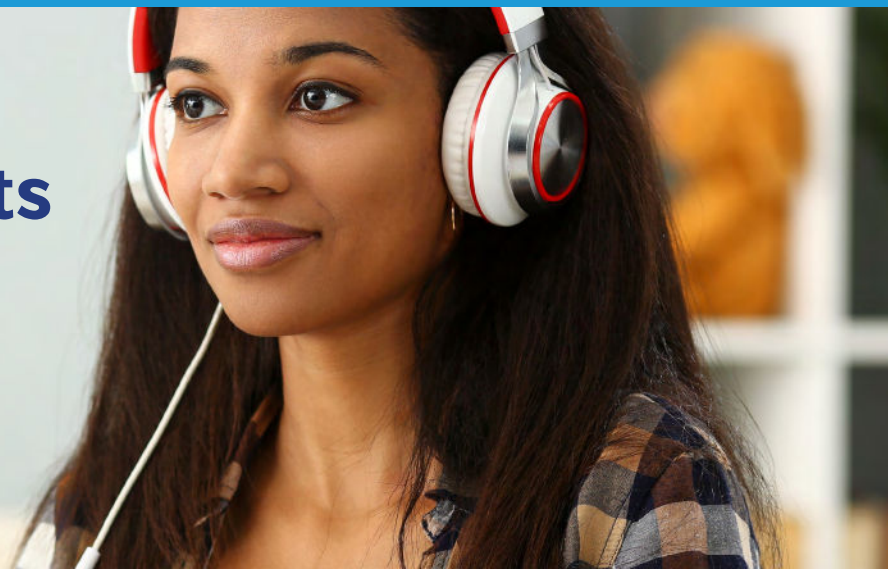


Strategies for leading students to lasting whole-body wellness.



JOIN us for this transformative three-part training series that explores the science of emotional regulation. We'll explore stress responses, vagus nerve stimulation techniques, and practical exercises to enhance emotional and physical well-being. Through engaging, empathy-driven activities, learn how to empower your clients with tools for lasting resilience and holistic healing.

To register, please scan or click the QR codes below.

The Power of the Nervous System Part 1

Learn how polyvagal theory explains stress response and emotional regulation with practical exercises for well-being.



Thursday, September 11
4 to 5:30 p.m.

The Power of the Nervous System Part 2

Discover techniques to stimulate the vagus nerve for better emotional and physical health.



Thursday, October 9
4 to 5:30 p.m.

Boosting Compassion to Reduce Mental Health Stigma

Understand the role of empathy in reducing mental health stigma through engaging activities.



Thursday, November 13
4 to 5:30 p.m.