



Step Away

Challenging Behaviors and Stress Management

Stress can be overwhelming, especially when it is fueled and exacerbated by the behavior of others. In this full-day session, participants will learn how power struggles occur, the patterns people fall into when challenged, and simple stress management strategies for dealing with difficult behaviors. This information is applicable to PK through adulthood on all levels (dealing with behaviors of students, parents, co-workers, administrators, family members...)

Dan is a national educational consultant who provides staff development and consultative services to educators K-12. Dan is passionate about helping individuals shift their perspective on behavior, understanding the best ways to provide support given the challenges posed in today's society. He regularly presents on topics impacting school climate, brain-based instruction, developmentally appropriate educational practices and presentation skills. Dan's overwhelming strength is his skill as a presenter. Although his sessions are exceedingly interactive and engaging, his greatest asset lies in his ability to offer participants rich insight into the connectedness between educational practices and student behavior.

Date: January 25, 2022

Time: 8:30- 3:30

**Location: ESU 10, 76 Plaza Blvd
Kearney, NE**

Fee: \$15

Lunch: provided

Sponsored by: Planning Region 10

