

"Living, teaching, learning, parenting, and leading in uncertainty and stress can be depleting, destabilizing, and demoralizing. I can help you, your staff, and students turn stress to strength, fear to fuel, and build inside-out resilience in adversity, in community."

Lu Hanessian

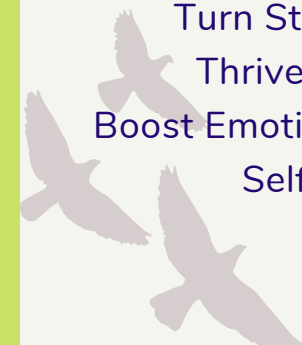
Lu Hanessian, MSc

**Mind-Brain-Relationship Resilience.
Education. Empathy. Empowerment.**

www.luhanessian.com

Integrate Resilience

Turn Stress to Strength
Thrive in Uncertainty
Boost Emotional Intelligence and
Self-Regulation





About Lu

Lu Hanessian is an award-winning science journalist, author, educator, researcher, facilitator, and consultant for schools, companies, media, and organizations, offering dynamic trauma-informed, resilience-centered courses, workshops and trainings.

Lu holds a Master's of Science in Conflict Management and Resolution MSc from the University of San Diego Kroc School for Peace and Justice Studies.

She is the author of five books, including the bestselling children's book "Picnic on a Cloud", and "The Garden: A Parenting Parable", as well as the forthcoming "Return to Tender" (2021) about the generative power of connection to cultivating resilience and "Practice Makes Present" about the science of mind-brain-body connection.

She is the creator of several original programs, including "Brain Imaginastics" and the founder of "Raising the Future Now."

"Lu has an extraordinary gift. The depth of her knowledge mixed with her amazing teaching style, her ability to read the room (even on Zoom!), her super clear examples and insights... she has totally transformed our community over this past year."

Yasmine, pre-K teacher
Philadelphia



Themed Workshops

Lunch & Learns

Half Day

Full Day

Interactive Webinars

Series Courses

Deep Dives

Consultations

Support

Resources

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Empowering Teachers

- Teacher Support + Wellbeing
- Mindfulness + Education
- Trainings + Workshops
- Brain-Based Best Practices
- Building Stress Resilience
- Emotional Intelligence + Empathy
- The Science of "TEACH"
- Cultivating the "TENDER 6"
- Unique, dynamic, interactive virtual workshops offering teachers cutting edge research distilled into applied practices and professional development





Pandemic Resilience

"The pandemic has been next to impossible for us as teachers. Lu's workshops have boosted me, given me renewed vision for why I became a teacher, and made me feel proud to be a light for my kids."

I can't say enough about how she speaks right to the hearts of teachers, while she offers incredible insights and practices for our brains, minds and wellbeing. She has been a healing force for our whole school culture."

Brianna, K teacher, CA



Workshops, Trainings & Support

- Creating a Trauma-Informed, Resilience-Centered Classroom
- Mindful Strategies and Practices
- The Science of Self-Regulation, Co-Regulation, and Relationship as Mutual Support System
- Harnessing Our Stress Responses and Changing Reactivity Patterns
- Non-Violent Communication
- Engaging Unique Learners
- Social and Emotional Intelligence for Pandemic Resilience
- Science and Practice of Self-Regulation for Students, Teachers, + Admin
- School Leadership Support
- Building a Culture of Trust

...and more tailored for teachers, admin, all-levels students, + parents.



"Lu's trainings are unlike any I've ever had. I come away deeply transformed, energized, reflecting, and driven. I come back to my class with more courage, confidence, and inspiration."

TINA,
PRE-K TEACHER, DC



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