



## Taking Stress out of the Classroom

Every day, in every classroom around the nation, educators see the symptoms of stress such as focus and attention issues, underachievement, disengagement, low motivation, anxiety, behavior problems, meltdowns, bullying, anger and depression. Children are under enormous pressure to perform well academically, socially and athletically.

When children feel stressed, chemicals that the body and brain need for learning and focus, are thrown off balance. This is when learning stops and negative behavior takes over. Teachers Take Charge™ gives educators tools to re-balance the healthy chemicals learners need - naturally. This amazing interactive workshop based on neuroscience research, teaches tools that are designed to reduce the stress that students feel.

The interactive Teachers Take Charge™ training is designed and facilitated by PhD brain researcher and international trainer Dr. Sandy Gluckman, with exciting, kinesthetic, rhythm-based modules presented by skilled ZaBoomBa™ facilitators.

**Teachers Take Charge™** is a powerful tool for minimizing stress and maximizing learning; **Reduce the Stress and you will Increase the Learning.** Teachers Take Charge™ will transform your classroom and yes, we bring drums for everyone!

## The Take-Aways

The compelling Teachers Take Charge™ Workshop gives teachers the power to:

- △ *Create learning readiness in your students at the start of each lesson.*
- △ *Help students trigger neuro-chemicals that control focus, emotion, engagement (oxytocin, serotonin, dopamine).*
- △ *Use whole brain teaching skills (left-right brain integration).*
- △ *Do this as a natural part of the normal schedule and lesson plan.*
- △ *Create stress-free, inspiring relationships with your students.*
- △ *Help students acquire the skills to recognize, reduce and remove their stressors.*
- △ *Create a stress-less classroom environment.*
- △ *Recognize and reduce your own personal stressors.*
- △ *Be a role model of calm centeredness for your students.*

The Teachers Take Charge™ Workshop includes a manual filled with intriguing information, assessments and the most up-to-date collection of easy to use tools for understanding and reducing stress in a new way.

## What Educators Say...

*"One of the best workshops I have ever attended in my work career."*

*"Outstanding, thought provoking new information about how stress affects our kids."*

*"The information was truly eye opening. It will change the way I interact with the students."*

*"Fantastic! Loved how you gave such great information and showed us how to apply it."*

## A Meaningful and Successful In Service Day

Your training dollars have to be as effective as possible – teacher's time out of class is extremely valuable. **Teachers Take Charge™** is immediately relevant; it gives educators and their students the learning advantage. Even the title is empowering!

The program is based on years of research in brain biology, physiology, *and* psychology. The science behind it is sound.

### Learn More

Dr. Sandy Gluckman holds a degree in Clinical Psychology, with a PhD based on the 'Whole Brain approach to Education:' using both sides of the brain to teach, absorb and communicate information. She has coached thousands of parents, educators and other professionals dealing with children, using the Take Charge! Program to empower them in helping children achieve their highest potentials. The rhythm components are designed by certified educator, national trainer and Remo endorsed Drum Circle Facilitator, **Kenya S. Masala**, and are facilitated by a team of talented and experienced presenters, whose skills immediately engage participants from diverse fields. The programs are tremendously *effective* and *energizing*.

More information on Dr: Sandy Gluckman can be found [here](#).

## Schedule Your Training Today!

*Were ready to help your teachers bring out the best in their work and heir students' lives!*

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