Better Executive Function, Self-Regulation, Learning and Behavior Workshops

Educator & Clinician Trainings

2023-2024 Key Notes, Workshops and Training Menu

Pediatric Psychologist Dr. Lynne Kenney provides keynotes, workshops, and online webinars to enhance thinking, self-regulation, learning, and behavior in children (K-8). Applying neuroscience + kinesiology + education we provide actionable strategies and activities to build your intervention toolbox for all children, specifically those with neurodevelopmental challenges - ADHD, ASD, dyslexia, dyscalculia, dyspraxia, and anxiety.

General Educational Objectives

- Understand the differences between executive function, executive function skills, and neurocognition.
- Learn the research showing that executive function is a better predictor of achievement than is IQ.
- Understand the biological precursors to better executive function, learning, and behavior.
- Articulate the meaningful relationship between cognition and motor movement in learning and school achievement.
- Understand the relationship between The Science of Reading and cognitive-motor interventions.
- Implement research-based cognitive coaching activities educators, teachers, and clinicians can use to improve thinking, self-regulation, learning, and behavior.
- Practice proprietary cognitive-movement activities to help children with ADHD, ASD, dyslexia, dyscalculia, sensory processing challenges, dyspraxia, anxiety, and behavioral issues.
- Demonstrate how to enhance collaboration and cooperation in your classroom by helping students become "cognitive scientists" empowered to help their own learning.
- Understand the important role of tempo, rhythm, and timing in cognition, learning, and behavior.
- Integrate cognitively engaging physical activity in your classroom and practice with coordinative cognitive-motor activities.
- Articulate how rhythmic "heavy" motor work can be more effective for dysregulated children than talking when a child is in distress.
- Apply the science of brain priming.
- Practice cognitive-movement strategies to help children move out of the stress response into an alert state of calm.
- Design your own rhythmic calming strategies for on-the-spot behavior management.

Workshop Menu

Addressing Cognitive, Social, Motor & Behavioral Concerns with Science

This is a NEW time, different from the past 30 years of intervention in cognition, academic achievement, reading, math, learning, and behavior. Thirty years ago, neuro-uniquenesses were primarily genetic and biological, impacted by the environment. Yet, with the decrease in the stimulation of foundational sensory-motor and cognitive pathways in the brain, we are seeing more children with neurodevelopmental and learning challenges.

Broad Topics

The Ready To Learn Brain: Understanding The Foundational Neurodevelopmental Precursors

The Neurodevelopmental Components of Learning and Academic Success

Understanding the Importance of Sensory-Motor, Language & Cognitive Pathways in the Brain

Executive Function, Executive Function Skills & Cognitive Processing

Why are Executive Function Skills More Important Than IQ?

Assessment, Intervention and Progress Monitoring in Executive Function Interventions

Strengthening Self-Regulation, Attention, Memory & Cognitive Flexibility

Teaching Multi-Sensory Developmental Numeracy K-4th Grades

Musical Thinking for Better Learning, Social Skills & Behavior

Oral-Kinesthetic Awareness, Proprioception & Vestibular Strength in Literacy & Numeracy

Evidence-Based Methods for Improving Self-Regulation, Attention, Memory & Cognitive Flexibility

Cognitive Skill & Executive Function Coaching: Organization, Time Management & Task Completion

Workshop Menu

Individual Topic Choices To Customize Your Training

Understanding The Science of Executive Function, EF Skills and What to Look for to Find Strengths and Weaknesses

Assessment & Intervention in Executive Function PreK-8th Grade

The Impact of Poverty, Stress and ACE's on learning & Behavior

Strengthening Executive Function for Better Learning & Achievement - Cognitive Coaching

Strengthening Executive Function for Better Learning & Achievement - Coordinative-Rhythmic Activity

Digital Therapeutics to Improve Self-Regulation, Response Inhibition, Attention, Memory and Cognitive Flexibility

8 Ways to Improve Self-Regulation and Response Inhibition: Heavy Work & Coaching Strategies

Applying the Research in Auditory Neuroscience & Music Education to Improve Cognition

8 Ways to Use Tempo, Timing & Rhythm to Improve Reading, Math and Behavior

How to Assess for Co-Existing Conditions that May Be pulling Down Achievement & Behavior

5 Ways to Build Your "Thinking Muscles" Self-Awareness, Self-Control & Self-Regulation

8 Ways to Increase Cognitive & Motor Demands in Classroom "Brain Breaks"

Keeping the ADHD Brain Organized, Calm, Engaged and Growing

The Role of Art, Music & Play in Cognition, Social Competency & Behavior

5-Minute Brain Priming Activities to Alert the Brain Prior to Important Academic Learning Moments

Assessment & Progress Monitoring in Executive Function Coaching

PLAY MATH - A Developmental Multi-Sensory Rhythmic Approach to Numeracy K-4th Grades

Popular Presentations

Strengthen Executive Function with 30 Brain Coaching & Cognitive-Motor Activities to Improve Self-Regulation, Self-Control, Attention, and Memory	Live In-Person On-Site	**Time Frame** 6-12 Hours
CogniSuite 5-Minute Brain Priming Activities: Strengthen Self-Regulation, Attention, Memory, & Cognitive Flexibility	Live Via Interactive Webinar or On-site	**Time Frame** 4 - 6 Hours
Self-Regulation and Calming in the Moment: Music, Movement, and Patterns to Improve Cognition & Self-Regulation in Children Ages 3-8	Live Via Interactive Webinar	**Time Frame** 2 - 3 Hours
Play, Learning, and Foundational Motor-Sensory and Language Pathways in the Early Years	Live Via Interactive Webinar	**Time Frame** 2 Hours

These workshops are appropriate for teachers, school leadership, occupational therapists, speech pathologists, school psychologists, classroom support staff, paraprofessionals, treating clinicians, and physical education teachers K-8. All workshops are tailored to the needs and interests of the scheduling clinic, school, or district. Have a specific topic of interest? Let us know.

Attendees are provided with a presentation pdf, links to supporting videos, and research-based activities. Webinars can be recorded for colleagues who cannot attend in person. Training fees range from $800 - $10,000 depending on the specific district, school, or clinic needs.

LYNNE KENNEY, PSYD

PEDIATRIC PSYCHOLOGIST

Dr. Lynne Kenney is the nation's leading pediatric psychologist in the development of classroom cognitive-physical activity programs for students grades K-8. Dr. Kenney develops curriculum, programming, and activities to improve children's cognition through coordinative cognitive-motor movement, executive function skill-building strategies, and social-emotional learning.

Dr. Kenney's most recent educational program is CogniMoves™ a universal Tier I MTSS cognitive-motor movement program, co-developed with Benjamin S. Bunney, MD, Former Chairman Department of Psychiatry at Yale University. CogniMoves™ is designed to strengthen executive function skills in K-3 students.

Dr. Kenney is a pediatric psychologist on the Language & Cognition Team at Wellington-Alexander Center for the Treatment of Dyslexia, Scottsdale, Arizona. She has advanced fellowship training in forensic psychology and developmental pediatric psychology from Massachusetts General Hospital/Harvard Medical School and Harbor-UCLA/UCLA Medical School. As an international educator, researcher, and author, Dr. Kenney is dedicated to improving the trajectory of children's learning, particularly in high-need, under-resourced communities.

Dr. Kenney's books include Brain Primers, 2020 (Kuczala & Kenney); 70 Play Activities for Better Thinking, Self-Regulation, Learning and Behavior (Kenney & Comizio, 2016); the Social-Emotional Literacy program, Bloom Your Room™; Musical Thinking™; and Bloom: 50 things to say, think and do with anxious, angry and over-the-top-kids (Kenney & Young, 2015). My Attention Engine: An executive function skill activity book for teachers, parents, and children is slated for 2023.

Since 1985, Dr. Kenney has worked as an educator in community service with national organizations including the Neurological Health Foundation, Head Start, Understood.org, HandsOn Phoenix, SparkPE, the First Nations in Canada, and Points of Light (Generation On).

CogniSuite™

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