



"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.**

Integrate Resilience | Mindful MediaWorks  
[www.luhanessian.com](http://www.luhanessian.com)

## **Educate Resilience**

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



## About Lu

Lu Hanessian is an award-winning author, educator, researcher, facilitator, and consultant for schools, companies, and organizations, offering dynamic trauma-informed, resilience-centered courses, workshops and trainings for educators, faculty, leadership, and learners of all ages.

She designs and teaches workshops and trainings which cultivate emotional regulation and agility, build resilience skills, and create a culture of trust in classrooms and school communities.

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).

"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, 4th grade 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, 1st grade 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."

**RACHEL**  
K-2 TEACHER, DC



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