

SYT Support Package



for Parent Council/School + Organizations



WWW.SHIFTYOURTHINKINGLD.COM

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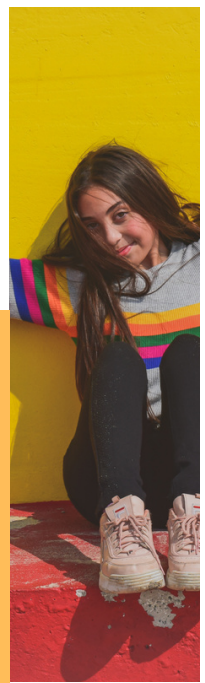
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WHO WE ARE

Shift Your Thinking takes a holistic approach to helping children be seen and celebrated for who they are. We help youth, parents and professionals through support and programming to change the perception of learning differences and mental health challenges through expert knowledge, empowerment and tailored strategies.

The co-founders are Susan Schenk, Occupational Therapist and Author of *Beyond Ok* from *Invisible to Invincible* and Sperry Bilyea.

Charity # 716279492RR0001
www.shiftyourthinkingld.com

MISSION

How SYT can support your parent and professional communities?

- Bringing parents and professionals/staff together through community and content
- Focusing on all aspects of a child - learning, mental health, and well-being
- Supporting parents and professionals in a positive non-judgmental setting
- Supporting parents and staff to allow them to help their child/ren reach their potential

We are passionate about offering this insight and support by working with you. We lead through experience and personal insight.

We want parents and staff to gain confidence in their skills and to know that they are not alone,

We also help everyone celebrate any victories on a child's journey while supporting them through challenges.

Imagine taking 15 minutes during your lunch to listen to an expert that offers insights when it comes to a child and what may support them better. Or the option to reach out in a private Facebook group to see what others have done to support a child with similar challenges or strengths.

And finally having the option to participate in our annual SYT Online Summit in November with experts from all over the world or having the additional bonus of our live youth calls to support you and your child (14+ yrs).



FITTING YOUR NEEDS

We realize that parents have a huge job when it comes to parenting and have little time to take on “extra tasks” and that staff also have limited time in their busy schedules. So our goal is to bring the information TO you through this proposal and our online Support Library - to make information about differently wired children, accessible and global.

PARENT/STAFF SUPPORT PROPOSAL SUMMARY

We have many services and programs to offer families, professionals, and youth.

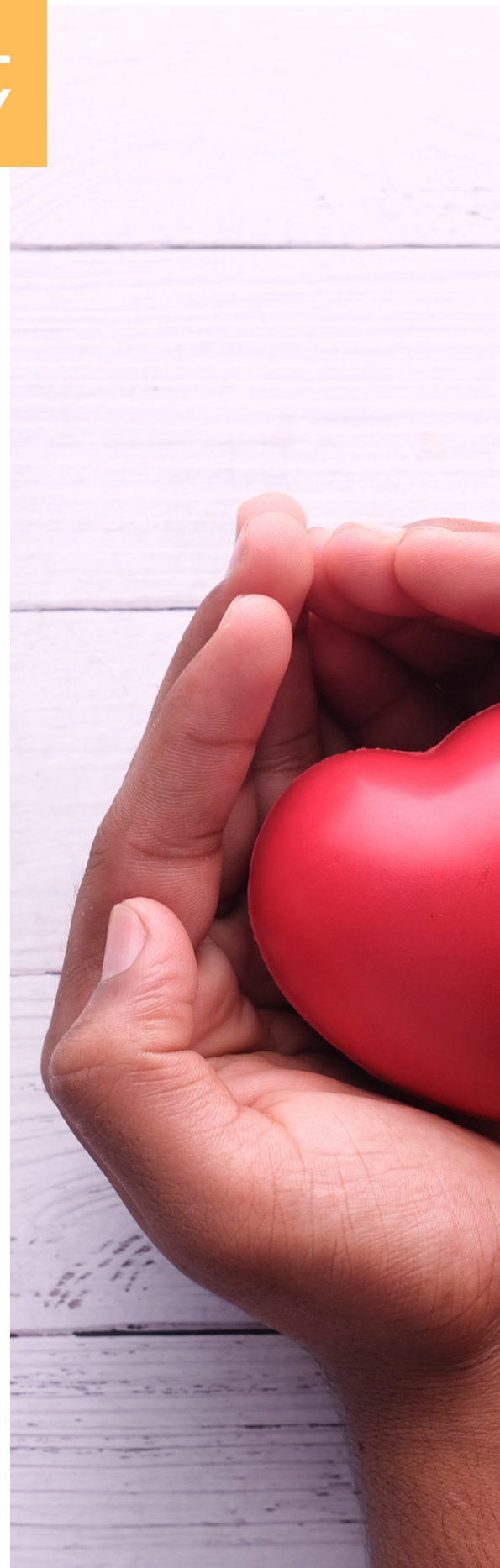
Our proposal for your school which can be customized to include any or all of the following:

- 1 online Keynote Session with SYT founder Susan Schenk via zoom with 2 video follow up sessions for a facilitator to review with parents throughout the year (topic will be decided with the Parent Council) - \$800
- Full Access for an unlimited number of students and parents to 8 monthly virtual youth group sessions. These are run by various experts via zoom and designed for youth (+14 yrs) - \$500
- Access to our SYT Annual Summit Videos on Learning Differences with experts from around the world and PDFs \$400
- School Access to Susan Schenk's digital book on her learning difference. \$300

Complimentary free support:

- Access to our curated Support Library with over 40 experts with new experts added each month
- Facebook Community SYT Moderated Group to reach out and ask questions and find resources

\$2000 for one-year access to these resources
and supports for all parents + staff in your
school/organization



PROPOSAL DETAILS

"Change is not an event
but a process. We are
committed to the process
to change how we view
and approach learning
differences."

SUSAN SCHENK



#1 ONE 1-HOUR KEYNOTE PRESENTATION + TWO FOLLOW UP INTERACTIVE VIDEOS

Susan Schenk, Occupational Therapist, will present a keynote talk after confirming topics with a parent council member. Additionally 2 follow-up interactive videos for a facilitator to review with parents in a smaller setting..

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YOUTH PROGRAM ACCESS

We host live monthly calls to provide YOUR teen with connection, community, and a place to ask questions about topics related to learning differently.

We will start the calls with parents and youth together with our experts/host leading, and then offer a time for your teen to connect with other teens at the end of the call.

We want to help them to feel more accepted, more empowered, less shame, less stigma and to feel like they have more tools in their learning toolbox.

Guest experts will share tips + insights on topics related to learning and life. A fun, relaxed group to help teens gain confidence - let us help to support them!

TOPICS

JANUARY — ORGANIZATION & HOMEWORK
FEBRUARY — I CAN'T DO THIS LIKE OTHER PEOPLE DO!
MARCH — MARCH BREAK
APRIL — PROGRESS & YOUR STRENGTHS
MAY — RELATIONSHIPS & WHAT MAKES THEM GOOD
JUNE - JULY - AUGUST — SUMMER BREAK
SEPTEMBER — ACCOMMODATIONS
OCTOBER — SCHOOL & STRESS
NOVEMBER — TECH COACHING
DECEMBER — HOLIDAY BREAK

The last Wednesday of the month at 7pm. The topics and links will be forwarded to parents and staff through the parent council



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ACCESS SYT SUMMIT VIDEOS FOR ALL PARENTS

All parents can feel part of something bigger and help to ignite positive change for their kids - selecting topics that are relevant for them and their child. Our Summit is the place to be to learn and collaborate. Parents will get access to a lineup of incredible keynote videos and pdfs, a chance to connect with inspiring minds in the community online, and an opportunity to have discussions about ways we can all work together to support and mobilize towards a world where learning differences and mental health challenges are valued, understood, and where there is freedom from shame.

ADDITIONAL FREE RESOURCES



SYT SUPPORT LIBRARY:

- Help parents understand the influence and support that they can offer their child (which is a lot!)
- Provide practical resources and tools for parents
- Help parents to find ways to apply what they learn and shift their mindset around behaviours etc.
- Provide the opportunity for parents to get answers to their questions within our expert interviews online and FB group community
- Provide a built-in community for reflection and guidance from others (inside your private FB group)
- Provide an easily accessible and curated way to learn from experts
- Access all the expert content inside our Support Library, so you can learn what you need to know now.
- Access to our Welcome week content which is a introduction to our Pathway to Confidence and Advocacy program with cofounder Susan Schenk
- Occupational Therapist

The monthly experts that we bring into our Support Library are selected based on personal experience, knowledge, and their approach to the topics.

The topics are tailored to the needs of the community and are meant to increase the voice of those who have learning differences and mental health challenges, and those who support people who learn differently.



WHAT TOPICS ARE ALREADY INSIDE THE SYT SUPPORT LIBRARY

Navigating Dyslexia and Mental Health

Dyscalculia

Is it ADHD or Something More?

Creating a Partnership with a Child (Dr. Ross Greene's approach)

Learning Differently - How a child can live, learn and thrive outside the lines

Can't vs. Won't: The Barriers to Skill Performance

The Dyslexic Brain

The Power of Story

When Worry Takes Over + When Worry Makes Sense

Transition to New School or Grade

Finding Balance with Treatment Approaches

Little Panic Anxiety Approach

Self-Regulation

ADHD and Anger

Parent Leadership

Understanding your Child

Hold on and Let Go - Approach to Teens

Dyslexia: How to Identify it

Keyboarding and Learning Differences

Simplicity Parenting/Holiday Thrive

Dyslexic Motivation

and so much more!

UNDERSTANDING LEARNING DIFFERENCES

Our society has long viewed learning differences ADHD, dyslexia and other LDS as “deficits” instead of differences in learning, without looking at the strengths that accompany these differences.

We need to flip the script on how learning differences are viewed.

A lack of understanding leads to children looking at the way they learn through a lens of shame and anxiety.

It is by educating across multiple levels of influence in the child’s life - self, parent, family and professional - that we will help learning needs, goals and strengths be brought to the forefront.

“It's hard enough when you can't show what you know and school is frustrating and it's difficult. You have to work harder than everybody else. But if you also have an anxiety disorder, it can make it really hard to get to school. We see lots of school avoidance with this population and what can look like noncompliance or inattentive behaviour”[1].

When there is greater knowledge, there is less misunderstanding, blame and shame. When there is awareness, there is an ability to better advocate for yourself or for your child. When there is understanding, there is a common language and a greater capacity for progress.



MENTAL HEALTH

Youth who learn differently have a greater risk for mental health problems.

“Researchers have found that children and adolescents with learning disabilities have higher rates of mental health and behavioral problems. Because, learning difficulties often result in low self-esteem, which is a root cause of depression, substance abuse, and other mental health issues.”[2].

We know that children with Learning Disabilities can often struggle with anxiety, social interactions, and depression. Decreasing the stigma around learning differently is a big step. In addition to the shame and stigma felt by the student, we have many anecdotal experiences that demonstrate a level of shame and stigma from parents.

Working to end the stigma around Learning Disabilities, ADHD, Dyslexia and Anxiety is important across many levels.



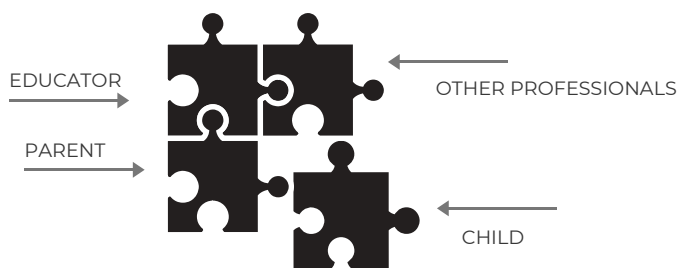


"Every child has a different learning style and pace. Each child is unique, not only capable of learning but also capable of succeeding"

ROBERT JOHN MEEHAN

WHAT DOES IT MEAN TO MOVE FORWARD TOGETHER?

Think of puzzle pieces joining to create a visual of 'moving forward together'. This is how we view the success of a child moving through their learning experiences..



A parent may learn from an expert's insights (this added insight may be from inside our SYT Support Library and Community) and may also have their own strategies that work for them. The parent and professionals/educators are working together to bring positive change to the child's learning experiences and overall life.

When an educator/professional also has insight and unique understanding about learning differences, they can bring this knowledge to a child that needs their support as well.

Together, parents and educators/professionals are offering the 'pieces' needed to help the child move forward. They may have two pieces of the puzzle put together to help the child learn, feel understood, and safe.

The child feels safe and sees progress through this combined understanding and insight from their professional and parental supports. They are now ready to offer some of their own insights by identifying what works best for them - adding another (very powerful) piece to the puzzle.





PUTTING THE PIECES TOGETHER

Shift Your Thinking is here to help put those pieces in place by educating and supporting families and professionals.



To create a greater understanding of learning differences to help provide a safe environment (free from shame + stigma!) for children to learn and flourish



To increase awareness of the capability and skills of the child using a strengths-based focus, while still addressing their challenges and struggles



To provide opportunities to help the child (as well as parents + educators) to develop strategies to support their learning journey

CONTACT

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