



fostering
resilient
learners



FOSTERING RESILIENCE IN OURSELVES AND OTHERS

No one is immune from stress. Living with Cystinosis and living with someone diagnosed with Cystinosis can be tough. In this engaging, relevant, and practical session, learn from award winning author, Kristin Souers (*Fostering Resilient Learners: Strategies for creating a trauma-sensitive classroom* – ASCD, 2016 and *Relationship, Responsibility and Regulation: Trauma Invested Practices for Fostering Resilient Learners*—ASCD, 2019; & *10 Things Our Brains Need*, 2024) about the importance of taking care of our health and wellness. Living in this amazing community helps us recognize that we are not alone on this journey and there are things we can do for one another to promote resilience! This session will guide us in building our self-awareness, investigate the power of relationship, share what we can do to help ourselves and others, encourage us to not turn away from hard conversations, and embrace the concept of grace. If we're going to be good to others, first and foremost we've got to be good to ourselves.

