

### Workshops Offered

- Assessing and enhancing mental toughness in school leaders, teachers, and students
- Developing positive relationships with gifted & twice-exceptional learners
- Enhancing teacher/ professional wellness
- Developing positive relationships with adolescents
- Positive approaches to family screen use (and pitfalls to avoid!)
- Anxiety and perfectionism: Being okay with being okay
- Anxiety in elementary-aged student: What it is and what to do
- 25 things kids with ADHD wished their parents & teachers knew
- Non-suicidal self-injury in children and adolescents
- Healthy sleep habits for children and adolescents.
- Enhancing school-community/ family relationships
- Effective approaches to working through relational aggression
- Understanding and working with individuals with learning disabilities
- Understanding and working with individuals with ADHD
- Understanding and working with individuals with Autism Spectrum Disorder
- Understanding and working with individuals with anxiety
- Understanding and working with individuals with depression
- Developing positive social relationships
- Avoiding toxic positivity
- When success leaves you depressed – The challenge of the Arrival Fallacy
- Developing persuasive communication skills
- Positive psychology in parenting& teaching
- School-based consultation (Positive team relationships; Strategy development for complex students) with teachers/ school leaders/ parents

Please note that Dr. Macdonald is happy to discuss a wide range of topics and provide uniquely designed workshops and professional development opportunities for your groups/ teams. Please contact us at [info@complexlearners.com](mailto:info@complexlearners.com) for more information.