

JESSICA SINARSKI

AUTHOR • SPEAKER • INSTIGATOR OF HOPE



uniquely tailored

Designed to reach your specific group, whether teachers-in-training, senior leaders, or everything in between



trauma-informed

Staff will gain practical tools and a strengths-based lens, all built on 20 years of work with those impacted by trauma



fun *and* functional

Instead of dry data or fluffy PD, Jessica applies the very science she teaches in thoughtful, playful, and compelling ways



LOVE IT!!!!

Jessica really translates complex information into directly relatable pieces for whatever level you're at.

– Conference Organizer (CA)



WANT JESSICA AT YOUR NEXT EVENT? CONTACT MELANIE WINTERS
INFO@BRAVEBRAINS.COM | (302) 319-4298



BRAVE BRAINS

BY JESSICA SINARSKI



We cannot tell you the impact you made on us and our team!

-District Lead Counselor (KY)

signature topics



Creating a Culture of Belonging



**70
Milliseconds:
Unlocking the
Brain's
Superpowers**



**Making
Sense of
Meltdowns**

bio

Jessica Sinarski, LPCMH is an author, educator, and the founder of BraveBrains. She partners with school districts and child welfare agencies around the world, translating neuroscience into action steps for kids and adults alike. Jessica ignites both passion and know-how in audiences through her books, training, and deeply trauma-informed resources.



One of the best PD sessions I've attended in my career. My brain is spinning with ideas.

- School Counselor (MA)

This is the first time I haven't felt dismissed in a training about trauma. I'm a hard nut to crack.

- Security Officer (MO)

Fabulous!

So easy to understand and explain to our kiddos.

- Behavior Specialist (TN)

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