

Dr. Dan Siegel – webinar January 30, 2013

Educating The Whole-Brain Child:

Cultivating healthy emotional and intellectual development in our students so they can lead balanced, meaningful, and connected lives.

Parents, grandparents, teachers, child development professionals and others who help children grow will find Dr. Dan Siegel's presentation filled with scientifically based ideas and practical skills that can promote well-being in children's lives. By offering a definition of an important aspect of the mind and a core mechanism of mental health, the whole-brain child approach offers care providers the cutting edge art and science of child development.

How we focus our attention shapes the connections in the brain. And how the brain's connections link to one another in an integrated way directly shapes how it functions in health. An integrated brain creates a flexible, flourishing mind and compassionate and rewarding relationships. By inspiring children to focus their attention in ways that are accessible and easy to teach, parents and educators can provide the kind of guidance that will promote the growth of neural integration at the heart of health. Even moments of despair and discouragement can be transformed into opportunities to deepen relationships and promote integration. Beyond merely tools of survival, this approach empowers us to enjoy the journey of caregiving as we transform challenge into integrative learning.

Dr. Siegel has been featured in numerous TEDtalks as well as media recordings for the Dalai Lama Institute. If you wish to hear him speak please visit <http://dalailamacenter.org/learn/videos> or http://www.drdansiegel.com/resources/video_clips/

Daniel J. Siegel, M.D. currently serves as a co-investigator at the Center for Culture, Brain, and Development and co-director of the Mindful Awareness Research Center at UCLA and is the Executive Director of the Mindsight Institute, an educational center devoted to promoting insight, compassion, and empathy in individuals, families, institutions and communities. His books include *Mindsight*, *The Developing Mind*, *The Mindful Brain*, *Parenting From the Inside Out* and *The Whole-Brain Child*. For more information on Dr. Siegel's work, visit <http://www.drdansiegel.com>