**HANDLE Introductory and Basics Course (Levels 1-2)**

**Course Description**

*“I am seriously impressed. This work touches the nerve of virtually everything taking place in our current cultural crisis of childhood.”*                        -Joseph Chilton Pearce, author: *Magical Child,* & other books

* **This course will forever change your strategies when approaching learning, social and behavioral challenges!**
* **You will begin to interpret the real reasons for behaviors and understand causes of learning difficulties, inefficiency or stress.**
* **You will learn how body and brain work together and how the environment may influence human functioning.**
* **You will learn ways to support learning, reduce stress, prevent crises, enhance potential and foster resilience.**
* **You will leave with tools and knowledge to apply in everyday situations.**
* **You will see yourself and others through non-judgmental eyes that will open new doors of possibility!**
* **You will have made the first step toward the possibility of becoming a HANDLE provider.**

**The course explores how irregularities in neurological and developmental systems relate to perplexing behaviors and dysfunction and offers activities, strategies and compensations to reduce stress and improve function.**

**Course Content:** *(Note: Level 1 is prerequisite to Level 2)*

∎ Understanding the HANDLE principles and their application (Level 1)

●The science of how stress affects learning and quality of life (Level 1)

∎Understanding how nutrition and good health enhance our abilities (Level 1)

∎ Learning to notice signs of stress and intervene before the consequences manifest (Level 1-2)

∎ Discovering how our quality of life and abilities are affected by internal and external environment (Level 1-2)

● Learning about Gentle Enhancement® and the meaning of “innocent assault” (Level 1-2)

● Discovering root causes of challenging behaviors and learning difficulties (Level 2)

● Creating a new understanding of the senses and motor functions (Level 2)

● Understanding and interpreting learning, social and behavioral challenges (Level 2)

● Exploring the neurodevelopmental systems - the building blocks of learning and achievement (Level 2)

● Discovering the elements of learning – such as the numerous systemic influences on writing (Level 2)

****● Learning how to positively enhance learning without overwhelm (Level 2)

● Learning how neurodevelopmental systems develop, affect and support each other (Level 2)

**HANDLE Activities for enhancing learning and human potential**

● Learn 11 HANDLE Activities (5 in Level 1 and 6 in Level 2).

● Explore a wide range of variations and applications for each of the activities.

● Learn examples of HANDLE in action.

**Most often stated feedback following HANDLE courses: *“Everyone should know this!”***