



THE POWER OF MINDSETS

NURTURING MOTIVATION, HOPE & RESILIENCE

HOSTED BY RIFKA SCHONFELD

On Tuesday, November 13, **Dr. Robert Brooks**, the author of *Raising Resilient Children* and a psychologist on the faculty of Harvard Medical School, spoke to a sold out crowd of therapists, educators, and parents about mindset theory and ADHD which incorporates social emotional well-being as well as academic achievement. Hosted by Rifka Schonfeld of Strategies for Optimum Success (SOS), the workshop focused on empowering parents and educators who work with children and especially those with ADHD to create a motivating environment that promotes responsibility, learning, and resilience. Participants came away from the day with new tools for dealing with challenges and attention-related motivational issues.

The next SOS workshop **"Easing an Anxious Mind"** will be led by **Dr. Andrew B. Schmidt**. Dr. Schmidt is a psychotherapist and the Director of the Cognitive Behavior Therapy program at New York University. He will speak about how to distinguish between different anxiety disorders and practical hands-on skills to better manage worry and anxiety. He will also empower parents and educators to implement exposure exercises for anxiety in addition to thought challenging techniques and relaxation exercises. This event on **Tuesday, November 19, 2019** is not to be missed! Sign up now for an early bird discount.

For more information or to register for next year's SOS workshop:
www.rifkaschonfeldsos.com
718.382.5437

