

**THE
RUNNER'S
HIGH**

What if it turns out right?

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Meet Christine

CHRISTINE RAVESI-WEINSTEIN HAS BEEN RECOGNIZED AS A MOVER AND SHAKER IN EDUCATION FOR OVER TWO DECADES. CHAMPIONING STUDENT VOICE, HANDS-ON LEARNING, AND EMOTIONAL WELLNESS, HER UNIQUE EXPERIENCES CLIMBING THE RANKS FROM TEACHER TO DEPARTMENT HEAD TO BUILDING ADMINISTRATOR GIVE HER SIGNIFICANT PERSPECTIVE REGARDING CHALLENGES THAT EXIST IN PUBLIC EDUCATION. A FORMER DECORATED STUDENT ATHLETE AND NOW MOTHER OF



TWO PHENOMENAL CHILDREN, CHRISTINE'S ABILITY TO CLEARLY ARTICULATE LESSONS LEARNED FROM HER PROFESSIONAL AND PERSONAL EXPERIENCES, COMBINED WITH HER DYNAMIC, "HARD-HITTING" DELIVERY, HAVE MADE HER A SOUGHT AFTER SPEAKER AND CONTRIBUTOR TO PUBLICATIONS AND PODCASTS GLOBALLY.

CHRISTINE'S OWN STORY RISING FROM THE SIGNIFICANT CHALLENGES OF BEING A SUCCESSFUL FEMALE ATHLETE IN A DECADE WHERE IT WAS NOT THE NORM, TO HER TIME AT HARVARD UNIVERSITY, TOUCHES A NERVE WITH AUDIENCES AS THEY LAUGH WITH HER, ARE INSPIRED BY HER, AND LEAVE MOTIVATED AND EMPOWERED TO BE BETTER. AS SHE SO ELOQUENTLY PUTS IT, "I AM NOT A MOTIVATIONAL SPEAKER...I AM A MOTIVATED SPEAKER!"

FOLLOW HER WORK ON TWITTER @RAVESIWEINSTEIN AND ON YOUTUBE AT [HTTP://BIT.LY/THERUNNERSHIGH](http://bit.ly/therunnershigh). FOR MORE INFORMATION ABOUT CHRISTINE, PLEASE VISIT HER WEBSITE AT [WWW.RAVESIWEINSTEIN.COM](http://www.ravesiweinstein.com)

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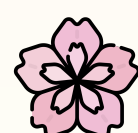
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Overview

SCHOOLS ARE BEING INUNDATED WITH CASES OF ANXIETY IN YOUNG ADULTS. A PEW RESEARCH CENTER STUDY FROM BEFORE THE PANDEMIC FOUND THAT SEVENTY PERCENT OF TEENAGERS SAW MENTAL HEALTH AS A BIG ISSUE. FEWER TEENAGERS CITED BULLYING, DRUG ADDICTION OR GANGS AS MAJOR PROBLEMS. TEENAGERS THEMSELVES ARE TELLING US THIS MENTAL HEALTH IS A PROBLEM, SO WHY ARE WE HAVING SO MUCH TROUBLE ADDRESSING IT? THE DIFFICULTY LIES IN UNDERSTANDING THE ILLNESS AND HOW BEST TO SUPPORT STUDENTS IN OVERCOMING IT. ALTHOUGH MANY STUDENTS HAVE LOGISTICAL CIRCUMSTANCES KEEPING THEM FROM BEING SUCCESSFUL, SCHOOL AVOIDANCE IS IN PART BECAUSE OF ANXIETY THAT IS, QUITE FRANKLY, DEBILITATING. WE MUST LEARN TO UNDERSTAND TEENAGERS BEFORE WE CAN HELP THEM BE SUCCESSFUL ACADEMICALLY.

Keynote

CHRISTINE USES HER VULNERABILITY AND AUTHENTICITY TO REMIND ATTENDEES THE IMPORTANCE OF BUILDING POSITIVE RELATIONSHIPS WITH STUDENTS. SHARING HER OWN STORY AS A STUDENT FIRST AND THEN AS A TEACHER AND SCHOOL LEADER FOR OVER TWO DECADES, CHRISTINE IS ABLE TO HUMANIZE EDUCATION AT A TIME WHEN TECHNOLOGY HAS BECOME A BLIND PRIORITY FOR SO MANY. IT ISN'T ABOUT HOW MUCH TECHNOLOGY WE CAN PRESENT TO OUR STUDENTS, IT'S ABOUT FINDING THE RIGHT MEANS TO TEACH THE STUDENT FIRST AND THE STANDARDS SECOND.

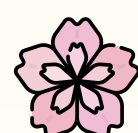


Session 1 - Humanizing Technology: Digital safety and the impact on student mental health.

AS ALL SCHOOLS HAD TO PIVOT TO AN ONLINE LEARNING ENVIRONMENT IN DURING THE PANDEMIC STUDENTS HAVE BEEN SPENDING EVEN MORE TIME ONLINE. THE IMPACT OF AN INCREASE IN DIGITAL USE BY OUR YOUNG PEOPLE, HAS EXACERBATED AN ALREADY EXISTING MENTAL HEALTH CRISIS. FROM HELPING STUDENTS FOCUS ON WHAT THEY CAN CONTROL TO ENCOURAGING CREATIVITY, EDUCATORS CAN SMOOTH THE INCREASE IN DIGITAL LEARNING. IN THIS SESSION EDUCATORS WILL LEARN STRATEGIES THEY CAN USE TO ENCOURAGE AND HELP STUDENTS WITH ANXIETY, AND THEIR PARENTS, PERSEVERE THROUGH AN INCREASE IN ANXIETY DUE TO THE ADDITIONAL SCREEN TIME FROM DIGITAL LEARNING.

PARTICIPANTS WILL...

- EXAMINE WHAT ANXIETY IS, HOW IT CAN LOOK DIFFERENTLY FOR SO MANY SUFFERERS, AND WHY IT IS EXACERBATED IN YOUNG ADULTS.
- LEARN NUMEROUS PRACTICAL STRATEGIES TO USE WITH STUDENTS SUFFERING FROM ANXIETY AND THEIR PARENTS TO SUPPORT THEM IN MANAGING THE ANXIETY THAT COMES WITH AN INCREASE IN DIGITAL LEARNING.



Session 2 - Mental Health in Schools: How can educators support students and parents dealing with mental illness?

UNDERSTANDING ANXIETY IS A WORK IN PROGRESS FOR EDUCATORS, PARENTS, DOCTORS, THERAPISTS, STUDENTS, SUFFERERS, AND NON-SUFFERERS. JUST LIKE ANYTHING ELSE WE ATTEMPT TO UNDERSTAND, WE WILL NEVER GET THERE IF WE DON'T, FIRST, ASK QUESTIONS. IN THIS SESSION PARTICIPANTS WILL LOOK AT THE PRIMITIVE NEEDS FOR ANXIETY, I.E., WHY WE ARE PROGRAMMED TO EXPERIENCE ANGST, WHAT IT IS AND WHY IT'S EXACERBATED IN YOUNG ADULTS, HOW TO TALK TO STUDENTS SUFFERING AND SUPPORT PARENTS DESPERATE FOR ANSWERS. COME LEARN FROM A SITTING HIGH SCHOOL ADMINISTRATOR WHO HAS NOT ONLY LIVED WITH MENTAL ILLNESS, BUT HAS COUNSELED MANY ON THE TOPIC.

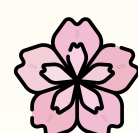
PARTICIPANTS WILL...

- LEARN PRACTICAL STRATEGIES TO USE WITH STUDENTS SUFFERING FROM ANXIETY AND SUPPORT PARENTS FIGHTING FOR THEIR CHILD'S SUCCESS
- EXPLORE THE PRIMITIVE RATIONALE FOR THE EXISTENCE OF ANXIETY AND THE FIGHT OR FLIGHT RESPONSE
- EXAMINE WHAT ANXIETY IS, HOW IT IS EXACERBATED IN YOUNG ADULTS, AND HOW IT DIFFERENCES FROM GENERAL NERVOUSNESS



Session 3 - Vlogging with Anxiety: How to incorporate video into the classroom.

AS PART OF REMOTE LEARNING, TEACHERS NEED TO FIND NEW WAYS TO ASSESS STUDENTS' LEARNING. VLOGGING IS A WONDERFUL WAY TO INCLUDE STUDENT VOICE, CHOICE AND CREATIVITY INTO VIRTUAL LEARNING. TEACHERS CAN ALSO EXPLORE WAYS OF SHARING STUDENT VLOGS THROUGH PLATFORMS SUCH AS WAKELET AND FLIPGRID. EVEN IF A STUDENT IS UNCOMFORTABLE IN FRONT OF THE CAMERA, A VLOG ALLOWS STUDENTS TO TAKE THE LEAD ON SO MANY OTHER ASPECTS OF ITS PRODUCTION. VLOGGING IS A WONDERFUL WAY FOR STUDENTS TO COLLABORATE REMOTELY AND FOR TEACHERS TO IMPLEMENT IMPACTFUL PERFORMANCE ASSESSMENTS. RECENTLY, I'VE BEGUN PRODUCING MY OWN VLOG: WRITING, FILMING AND EDITING. ALTHOUGH MY VLOG FOCUSES ON STRATEGIES EDUCATORS CAN USE TO COPE WITH ANXIETY BOTH FOR THEMSELVES AND THEIR STUDENTS, THE PRODUCTION OF MY VLOG IS RELEVANT TO ALL TEACHERS. WITH NOTHING MORE THAN MY CELL PHONE AND AN INEXPENSIVE RING LIGHT, I CAN TEACH EDUCATORS HOW TO IMPLEMENT VLOGGING INTO THEIR REMOTE TEACHING.

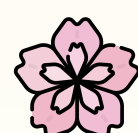


Session 4 - Self-Care: Finding Your Way... Your Way.

REGARDLESS OF WHY, WE HAVE ALL STRUGGLED TO FIGHT AN INNER VOICE LADEN WITH SELF DOUBT AND CRITICISM. IN THIS SESSION, PARTICIPANTS WILL HEAR THE UNIQUE STORY OF ONE EDUCATOR'S FIGHT AGAINST HER INNER VOICE. ADDITIONALLY, PARTICIPANTS WILL CONNECT WITH OTHERS REGARDING PERIODS OF PERSONAL NEGATIVITY AND THE STRATEGIES THEY'VE USED TO FIGHT BACK AND GAIN CONFIDENCE. THIS SESSION WILL HELP OTHERS BEGIN TO UNPACK THE DEPTHS AND LAYERS OF SELF-DOUBT WE EXPERIENCE IN AN EFFORT TO FURTHER UNDERSTAND THE STORIES OF OUR STUDENTS. THE MOST IMPACTFUL TEACHING OCCURS WHEN WE MAKE CONNECTIONS WITH OUR STUDENTS. THESE CONNECTIONS HAPPEN WHEN WE UNDERSTAND SHARED EXPERIENCE AND EMOTION. HUMANIZING THE EDUCATIONAL EXPERIENCE FOR STUDENTS THROUGH OUR OWN AUTHENTICITY WILL HELP STUDENTS BE MORE SUCCESSFUL IN THE CLASSROOM.

PARTICIPANTS WILL...

- LISTEN TO THE STORY OF ONE EDUCATOR'S FIGHT AGAINST HER OWN INNER VOICE AND LEARN THAT SELF-DOUBT IS UNIVERSAL REGARDLESS OF CONTEXT.
- LEARN STRATEGIES TO OVERCOME NEGATIVE SELF-TALK AND CHANGE THEIR NARRATIVES THROUGH SHARED EXPERIENCE AND DISCUSSION.
- EXPLORE WAYS TO BRING AUTHENTICITY AND RISK TAKING INTO SCHOOLS/CLASSROOMS TO SUPPORT STUDENTS IN THEIR OWN FIGHTS AGAINST THEIR INNER VOICES.



Session 5 - Effective Leadership: What is the real reason why so many leaders are ineffective?

WE'VE SEEN THE PORTRAYALS OF EFFECTIVE LEADERSHIP IN MOVIES SUCH AS "LEAN ON ME," "STAND AND DELIVER," AND "DANGEROUS MINDS," WE'VE BEEN MOVED BY THEIR SUCCESSES AND THE INSPIRATION THEY PROVIDED THE TEAMS THEY WERE TASKED TO LEAD. BUT WHY, EVEN WITH SUCH PROFOUND EXAMPLES TO FOLLOW, ARE SO MANY LEADERS IN THE TWENTY-FIRST CENTURY INEFFECTIVE?

PARTICIPANTS WILL...

- DISCUSS THE BASICS OF EFFECTIVE LEADERSHIP AND LEARN THE ROLE OF EGO IN THEIR IMPLEMENTATION.
- LEARN THE CHARACTERISTICS OF INEFFECTIVE LEADERSHIP AND SEE EXAMPLES IN ACTION.
- EXPLORE WAYS TO BRING AUTHENTICITY AND RISK TAKING INTO LEADERSHIP TO INSPIRE GREATER PRODUCTIVITY AMONG THOSE WE ARE TASKED TO LEAD.



Pricing

SPEAKING ENGAGEMENTS & PROFESSIONAL DEVELOPMENT

FULL DAY = \$FIVE THOUSAND + TRAVEL EXPENSES

HALF DAY = \$THREE THOUSAND + TRAVEL EXPENSES

KEYNOTE = \$TWO THOUSAND + TRAVEL EXPENSES

STAFF MEETING = \$ONE THOUSAND + TRAVEL EXPENSES

