

▶ **Due to high enthusiasm and popular request...**



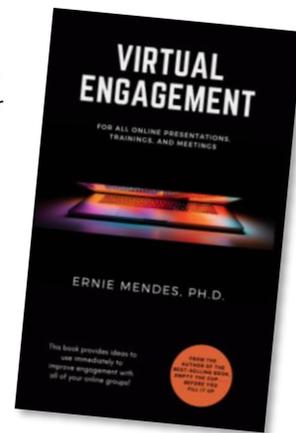
Dr. Ernie Mendes

will be presenting
2 virtual trainings!!

As our virtual world has become more of our real world, engaging others in an online gathering -- whether it is a presentation, training, or a meeting, is increasingly important.

Dr. Mendes is an expert in the field of emotional intelligence and will focus in these trainings on how emotions matter in virtual settings. He will provide specific tools to be our BEST self and describe the most important principles to engage others online, including setting the context and how and when to use the norms.

All participants who complete these trainings will receive a complimentary copy of Ernie's newly released book!



Being Our Best Self

● **DECEMBER 15, 2020** ●

9AM - 1:15PM PST

This session will provide specific tools to create social and emotional balance during times of dynamic change. Research-backed practical ideas will be shared including:

- The keys to stability when so much is coming and needs to be juggled
- How to build in recovery periods
- Managing anxiety and uncertainty
- Dealing with personal safety concerns

The science of emotions:

- How to elicit positive ones and process negative ones
- Being your best self through the regulation of your thoughts, emotions, and physiology
- Conversation skills for all interactions and communications

Successful Virtual Engagement

● **JANUARY 12, 2021** ●

9AM - 1:15PM PST

Learn 10 principles for boosting engagement during virtual presentations, trainings, and meetings based upon how the brain best focuses and learns. These principles for online engagement are independent of the technology platform that you are using. It is not only about the mechanics of using technology but rather a focus on engagement.

- Engage families through online platforms
- Keep participants motivated during a virtual session
- Build new and old relationships virtually
- Create connections among people in trainings
- Help participants feel comfortable in a virtual setting
- Engage quiet participants
- Communicate training on trauma-sensitive topics virtually
- Manage time working from home
- Make virtual trainings more streamlined and professional
- Sustain my staff with social and emotional support during these difficult times
- When to send out pre-training information like links, documents, and more
- Deal with heightened distractions when online

Register for both or each of these trainings at:

<https://www.surveymonkey.com/r/OurBestSelf>

Questions? 530.918.7222

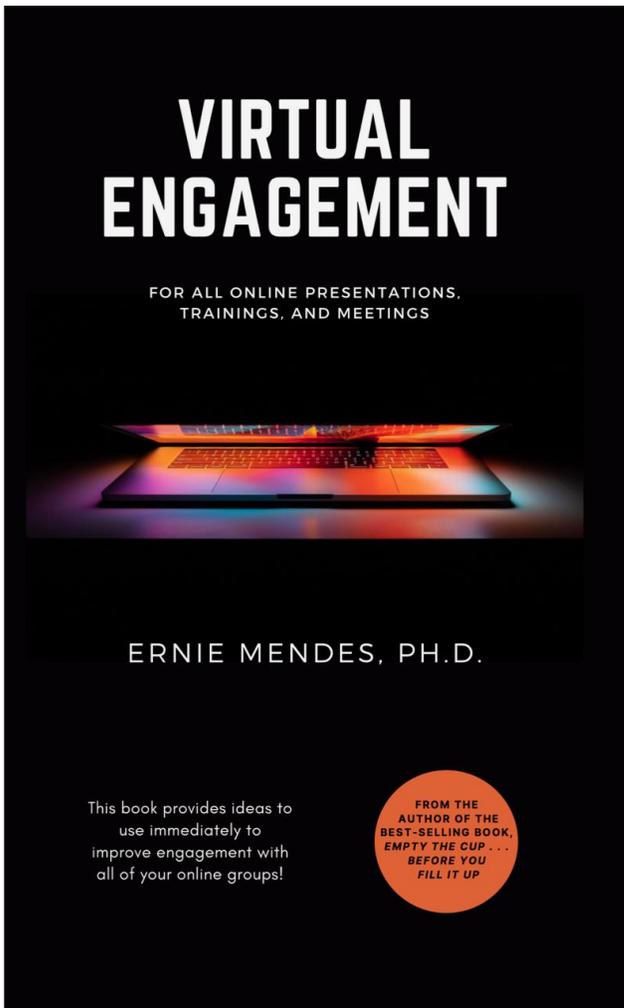
Thank you to all of these partners for their financial support in providing these trainings free of cost to participants. Collaboration delivers!



Dr. Ernie Mendes



All participants completing the training will receive a complimentary copy of a book authored by Dr. Mendes!



Dr. Ernie Mendes is an author, executive coach, consultant, and a professional development trainer. He has been training teachers and leaders since 1988 and has worked with thousands of diverse organizations in the public and private sectors, including businesses, school districts, law enforcement agencies, and medical centers. Dr. Mendes' diverse professional background includes a combined 23 years as a classroom teacher at the secondary and post-secondary level and 11 years as a licensed psychotherapist in private practice. He holds a Ph.D. in Organizational Psychology. His trainings consistently receive the highest reviews.

Dr. Mendes was one of the first to do a doctoral study on Emotional Intelligence (EI). He studied The Relationship Between EI and Occupational Burnout in Teachers. His book Empty the Cup Before You Fill It Up[®] is a best seller with practical activities to build effective relationships at work and in the classroom using EI theory and neuroscience. His book Engage 4 Learning uses four main brain systems to engage K-Adult learners in educational settings.

Ernie has put in the time and resources to become an expert in his field. He is a Licensed Marriage & Family Therapist (MFT) with specialized training in Neurolinguistic Programming (NLP) from Adept International, Cognitive Therapy of Depression (Beck, Seligman, Shaw), Guided Imagery (Rossman, Bressler), Facilitation Skills (Canfield, Noble, Martin, Rutte), Quantum Learning from the Learning Forum, Research Based Approach to Marital Therapy (Gottman), Treatment of Anxiety Disorders (Burns), Understanding and Treating the Brain in Clinical Practice (Amen), Brain-Based Teaching & Learning (Jensen), Cognitive Coaching, Thought Field Therapy (Danzig), and Mindfulness Based Stress Reduction (MBSR) from the UCSD Center for Mindfulness.

Ernie's hobbies have included music (playing guitar in various groups/bands) and martial arts. Ernie studied TaeKwon Do for 15 years, earning a 3rd degree Black Belt and merely months away from testing for his 4th degree, he became interested in Brazilian Jujitsu (which was new to America -- before the MMA scene). He studied Brazilian Jujitsu for almost 5 years earning a purple belt (the rank before brown belt). With an increased work schedule, the responsibilities of parenting, and a few injuries, Ernie transitioned from martial arts to yoga and swimming.