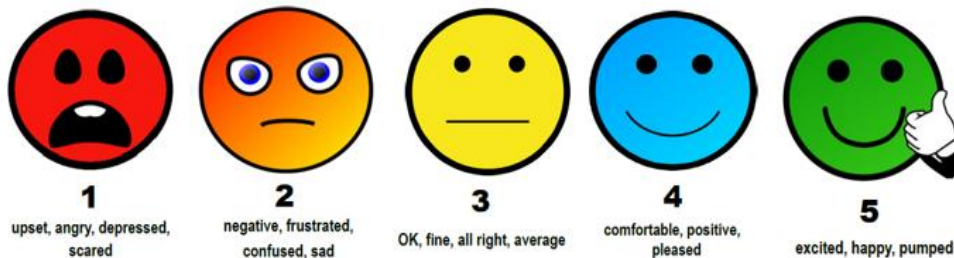
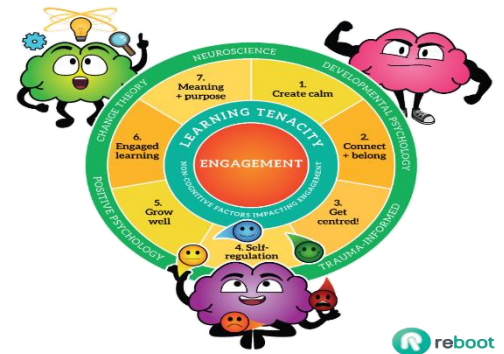


**REBOOT** is an innovative, proven program that addresses barriers to engagement arising from childhood adversity, trauma and low socio-educational advantage.

Based in:

- neuroscience/neurology
- positive and developmental psychology
- trauma-informed practice
- mindfulness
- social change theory
- Best practice in whole-brain teaching, learning and support
- Gain access to the executive functioning of the cerebral cortex
- Skills for a rewarding and healthy life



We check in with other to see how we are feeling and what we can do to help support each other.

We understand that we all have varying degrees of knowledge and experiences. At any time we can feel quite anxious when learning something completely unfamiliar but at other times we already have a sense of mastery - we know what this is all about and are very comfortable with what we are learning. This is natural and applies to ALL people – teachers as well.

What **REBOOT** seeks to instil in us all is a sense that we can overcome the **speedbumps** and **roadblocks** and with help and the right attitude we can be successful. We look at this in more depth in following newsletters.

