

# Community Education Service



*Improving emotional health and well being*

## 3 Ways to Rethink Education in Response to Covid-19



In May 2021, a global leadership organization, The International Women's Forum asked **Dr. Shimi Kang**, a leading expert in the neuroscience of learning, motivation and mental wellness the question - "What are 3 ways to rethink student education in response to Covid-19?" Her response of proposing a new dimension of learning based on neuro-education and incorporating social, emotional, and cognitive skills was welcomed around the world.

Dr. Kang believes we certainly cannot go back to "normal". We must act now to change the trajectory of this generation, predicted to be the first in human history to not outlive the one that came before them. Dr. Kang will provide science-based solutions that every parent, teacher, administrator and caregiver can use to guide today's youth towards a deeper, powerful and innate utilization of their own incredible neuro-biology.

In this interactive presentation, Dr. Kang will provide science, storytelling and tools for:

1. Understanding the stress vs learning systems universally applicable to all students regardless of age, gender identity, culture and background.
2. Regulating the function of the gut brain through emotional skills & practices such as breath work, nature-based learning, mindfulness, visualization and gratitude.
3. Enhancing the connections of the heart brain through social skills of empathy building, healthy assertiveness, perspective taking, and positive communication and community.
4. Optimizing the intelligence of the head brain through cognitive skills of developing a "play mindset", being comfortable with uncertainty, letting go of perfectionism, critical thinking, creative problem solving, adapting to an ever-changing world, and innovating.

**SATURDAY Sept 11, 2021 10:30 AM (MST)**

[Click here to register](#)

**FREE**

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Dr. Shimi Kang**