



NeuroWell

**Applying brain science
to build safe, supportive,
and proactive schools**

As educators, our medium is the brain. Sadly, most educator preparation programs fall short of teaching their students the brain science they need to know to understand student behavior, engagement, and executive functioning. This book details the many reasons students' brains are different today, explains the brain science educators need to know to be more strategic and successful, and introduces a NeuroWell culture and how to build one.

A NeuroWell culture applies brain science to inform actions that make schools safe, supportive, and proactive. Schools with a NeuroWell culture enjoy fewer behavioral and attendance problems, higher student engagement and academic success, and happier students and staff.

This book provides information and how-to tactics to help schools build a NeuroWell culture suited for the modern student.

Get your copy through the QR code below and start reading a book that will change your mindset, improve your knowledge, and increase your students' happiness, health, and academic performance



To learn more about the author and contact her directly, visit www.epinstitute.net and click on the NeuroWell tab.

This book is full of actionable and immediate strategies to support educators in meeting the needs of students who struggle with behavior. The content is relatable, with a practical approach in teaching the reader to understand that behavior stems from skill deficits that can be addressed through the explicit teaching of executive functioning skills.

Traci Shantery, principal

Neuro-Wellness is a multilayer process. It begins with science of the brain/body and extends to behavior. Dr. Riegel provides an insightful, practical, and usable overview of the brain science that impacts behavior and engagement. She creates a clear pathway from the science and statistics to effective practices novice and seasoned educators can use to improve student outcomes. Anyone interested in setting up students for success should read this book!

John Sepich