



BrainWise Champions

I cannot teach anybody anything, I can only make them think.-Socrates

Many of you have told me that teaching about the brain and how to use the **10 Wise Ways** is the "missing piece" your intervention toolbox needed. After adding BrainWise®, you said that the results - while some are more dramatic than others -- were life-changing for your students.

BrainWise champions have shared many of their stories-about the teenager who resisted suicidal thoughts by thinking about the consequences affecting others; of how a Girl Scout Troop earning a badge by using BrainWise to teach bully prevention; and of the educators who said [teaching BrainWise helped them](#) become better teachers, social workers, counselors, and nurses.



BrainWise Teacher Training



Matt Sena is a BrainWise champion, and a member of the BrainWise Board of Directors. He is inspired in his work by thinking about the following formula, given to him by a former professor:

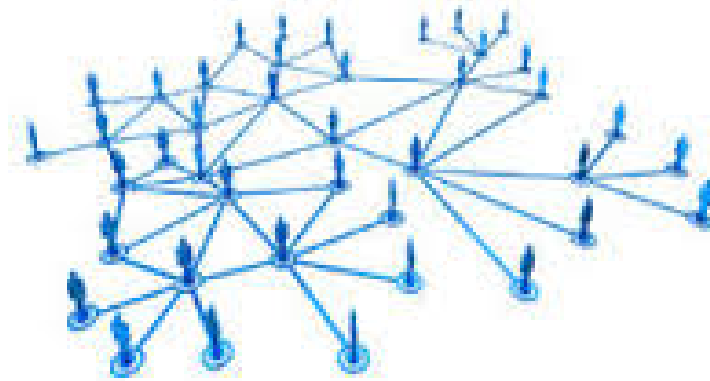
- Think about how many new people you



Learning to use BW tools

impact in a year when you teach a BrainWise class, hold a BrainWise workshop, or counsel individuals and families.

- Next, think about the impact they will have on at least one other person -- perhaps it's the person with whom they have their primary interactions, or a friend or family member in need of support.
- Multiply that person by one or more, because there could be a generational effect, where children teach other siblings, or parents teach their children, spouse, or other family members. Then you will have an estimate of how many people you can impact in a year.
- Then times that estimated number by the years you teach or provide counseling - and then think about your impact on others.



Impact of teaching others

This formula is guaranteed to jump start any bad day!

One of my favorite stories is about the impact BrainWise has is taken from a BrainWise class we were teaching to Spanish-speaking parents. At the start of the fourth session, instructor Judy Cardenas went around the circle. In Spanish, she asked each parent, "How did you use BrainWise skills this week?" One by one, the parents replied, "Esta semana no pegué mis hijos." And one by one, Judy translated their responses. "This week I did not hit my children."

Please reflect on the impact you have had on others, and continue to share your stories.



Dr. Pat

On a lighter note:



Never give up!



The BrainWise Program

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