

# Reboot: Tools to thrive in learning and life

Reboot is a highly practical and proven neuroscience-based, trauma-transformative program. Reboot's 16 core tools and 7-Step Whole-Brain Framework provide a common language, clear visuals and over 700 practical strategies and lessons to empower young people with the skills and courage to thrive in learning. Integrating neuroscience, positive psychology, mindfulness and behavioural science, Reboot process-based tools and visuals foster independence and responsibility. Help young people own their choices and behaviour, forge resilience and build their capacity to succeed when facing any challenge.

**9,000+**  
People trained

**782**  
Workshops

**670+**  
Schools

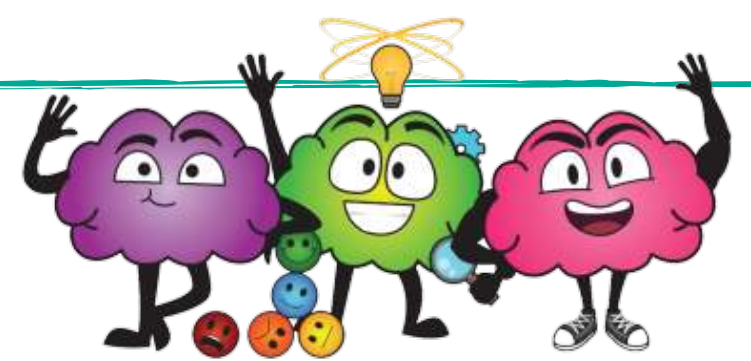
## Why Reboot?

Reboot provides practical, science-based and brain-friendly tools to:

- Improve learner and educator engagement using strategies from Reboot's 7-Step Whole-Brain Framework
- Establish a single neuroscience-based framework for staff and student wellbeing
- Create the optimal conditions for learning (felt safety, healthy social connections, motivation and effective self-management)
- Improve self-regulation and educator capacity to create and maintain calm
- Build problem-solving skills, agency and learner independence
- Share a common language among learner, parents/carers, support services and educators

## What participants say

As over **99%** of Reboot workshop participants would definitely recommend the Reboot Framework to their colleagues, we are confident Reboot will be a valuable inclusion to your school.



## Who is it for?

Reboot is embedded in Primary and Secondary Schools, Special Schools, Early Childhood providers, Special Assistance Schools, Vocational Education providers, and child and family support services. Reboot compliments existing programs such as PBL, ASOT, ECM etc. Reboot provides an overarching neuro-scientific based framework applicable to people of all ages.

**Reboot with us to learn the tools to thrive in learning and life!**



Contact us either via email: [info@RebootingEducation.com](mailto:info@RebootingEducation.com) or phone: **0439 961 550**

Visit our website for more information: [www.RebootingNow.com](http://www.RebootingNow.com)



# Resilient Us

## ***Schools are not normal working places.***

No day is typical and a “to do” list seems to grow not diminish. Educating in a context of rapid change and high intensity may be highly rewarding, but it can also take a toll on educators themselves. Reboot’s Resilient Us programs were developed in response to need. Working with 1000’s of educators across Australia we have developed a neuroscience-based wellbeing and performance program specifically for the school context. Our on-line and face-to-face training and hundreds of practical resources help create a thriving school community.

**Resilience is both an attitude and practice that can be strengthened daily to improve energy levels. Join with us to Reboot individual and collective resilience and bring more joy into work.**

### **Reboot's The Resilient School**

In Reboot’s **The Resilient School** program we address the inevitable pressures that arise for school staff working in highly demanding, rapidly changing and unpredictable schools. In this context, the school climate (the culture, operations, relationships and environment) plays a critical role in an educator’s capacity to either flourish and thrive or feel thoroughly overwhelmed.

Using Reboot’s Resilience Equation and 4-Level Thrive @ Work Matrix create a school-wide response to boost resilience for the individual and also embed operational practices and structures, collegial interactions and a team culture that prioritise staff wellbeing and resilience.

### **Reboot's The Resilient Leader**

Leadership wellbeing is not the icing on the cake: wellbeing is the very foundation of performance. Healthy, resilient leaders can sustainably build and support a thriving school culture. In Reboot’s **The Resilient Leader** program discover daily evidence-based practices to recharge and sustain ample energy, support others to responsibly develop their resilience, manage decision and compassion fatigue, improve feedback and boost the agency and accountability of the people around you. Return home each day with energy to spare and a foundation for sustainable productivity.

### **Reboot’s The Resilient Educator**

Reboot’s **The Resilient Educator** program is designed to address and reduce unique stressors, boost educator resilience and improve satisfaction and productivity at work. Using Reboot’s neuroscience-based and trauma-transformative approach and the Resilience Equation™ this program supports educators with stress and resilience assessment tools, Thrive @ Work Action Plans, individual and collective activities and over 70 strategies to enhance stress tolerance, resilience and to find more joy and satisfaction at work.

**Reboot with us to create more resilience, joy and engagement at work!**



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