

*“Live with intention.
Walk to the edge.
Listen hard.
Practice wellness.
Play with abandon.
Laugh
Choose with no regret.
Continue to learn.
Appreciate your friends.
Do what you love.
Live as though this is all there
is”.*

.- Mary Anne Radmacher.



Training Experience:

Brain Smart (MS Ed):
Nova Southeastern University
Certified with Pat Wolfe, PHD Ed.

Mind Matters

Eric Jenson: Jensen Learning
Rich Allen: Green Light Education
Kim Beville: Grey Matters

Kagan Learning

Attended: 3 Learning Brain Expos



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**Turbo Charge your
Brain!**



Presentation Brochure
for
Sheila Syvud

**CREATING A REGENESIS
OF LEARNING POWER**

Shelia J. Syvrud



National Board
Certified Teacher

Bibliography for Shelia J. Syvrud, MS. Ed. NBCT

Shelia J. Syvrud, Sweetwater School District #1, Rock Springs, Wyoming. Sheila is in her 38th year teaching physical education classes as well as health classes for Sweetwater School District #1. She has also coached high school gymnastics and received numerous national awards for her coaching and teaching. She earned her National Board Certification in Physical Education in 2004 and 2013. She earned her Masters degree in Education with a Brain Based emphasis from Nova Southeastern University in 2010 (Brain Smart).

Sheila was certified as a Brain Based trainer under Pat Wolfe (Mind Matters) in 2008 and served as a facilitator in Brain Based Learning for SW#1 professional development.

Sheila was also recognized as a Disney American teacher in 1996. She has combined all these unique experiences to provide up to the minute trainings in all areas of Brain Based Learning and Brain Health. Sheila has been honored to present at three AAPHERD conventions to share her knowledge and expertise. Sheila has presented numerous times on various topics at local, state and national levels. Sheila has won two innovative grants in the area of Brain Based learning including: Off Your Seat and On Your Feet: Fit to Learn and Cognitive Gains Through Morning Movement and helped to write a funded \$770,000 PEP grant.

Presentation Topics include::

- ◇ Effective Brain Based Teaching in the Classroom
- ◇ Brain based Teaching Techniques for the Special Needs Child
- ◇ Time Management in Coaching
- ◇ Mental Training Guidelines for Sports
- ◇ Finding your Brainiche—Improve your Intelligence at any Level
- ◇ To Get Smart: Move
- ◇ Brain Breaks for the Classroom
- ◇ Rewire your Brain: Become All You Can Be
- ◇ Pushing Back Dementia: Brain Health for Adult and Seniors
- ◇ Prenatal Health for the Babies Brain
- ◇ Brain Smart Babies:
 - * Developing Your Child's Preschool Brain.
 - * Brain based techniques for the classroom.
 - * Becoming a Better Student Using Brain Based Learning Methods
 - * Building a Better Memory

“We are what we repeatedly do. Excellence is not an act, but a talent.”

“You are Great and Growing or Ripe and Rotting—Grow Constantly!!—Beto

“The spirit, the will to win and the will to excel are the things that endure. These qualities are so much more important than the events that occur”.—Vince Lombardi

“If you make the unconditional commitment to reach your most important goals, if the strength of your decision is sufficient, you will find the way and the power to achieve our goals”.—Bob Conklin