

Presentation: “No! Don’t! Stop!” *So How Exactly is that Working for You?*
Points to Ponder When You Feel You’ve Tried Your Best and Quitting is Not an Option

PART I of VI ... September 14th, October 19th, 2021 ~ January 25th, February 22nd, 2022 (5pm MST)

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Attitude Adjustment:

- older ~ smarter ~ everyone has a brain
- fork in the road ... which way will you travel
- the time is now ... they just get bigger

Dialogue:

- verbal artistry
- ownership and Accountability
- “by” to clarify / directives in “3’s”

Understand Behaviors:

- wiring neuron pathways
- myelination
- “Screaming Almonds” and the frontal lobe

Learn:

- modeling
- rituals and routines
- land on what you want

Teach:

- consider who, what, when, where, and how
- focus on strengths / tolerate weaknesses
- replacement behaviors

NOTES: