



NEURO-FIT

TEACHER AIDES

Workbook
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GROWTH CULTURE EXISTS TO
BREATHE LIFE INTO LEADERS,
AND TO ENABLE THEM TO
CREATE CULTURES WHERE
EVERYONE CAN THRIVE.



AWA O TE WAIORA

**Growth
Culture**

LEADERSHIP ACADEMY



NEURO-FIT

TEACHER AIDES

NEURO-FIT is designed to equip and support Teacher Aides' working with Neurodiverse learners. Included in Neuro-Fit is an array of experienced expert knowledge, and research, as well as a banquet of practical skills and strategies to best support students learning [and behaviour] with Autism, Dyslexia, ADHD and ODD.

NEURO-FIT will deepen Teacher Aide's understanding of Neurodiversity through developing meaningful ways to respect, support and reduce barriers for neurodiverse learners. In addition, Neuro-Fit will equip Teacher Aides to bring out the best in all students, through creating tailored environments to engage and support any neurodiverse learner.

Grounded in recent international research, including research from the McGill Centre for Research in Neuroscience, you will come away equipped with:

- Keys to understand and reducing barriers for neurodiverse learners.
- Tools to enable neurodiverse learners to participate, achieve and thrive as individuals.
- Evidence based practices to support neurodiverse learners' behaviours and wellbeing.
- Strategies for building inclusive and supportive learning environments.

RICO GOMEZ

NeuroFit

Rico is the director of NeuroFit and co-founder of the NeuroFit Foundation. His background and experience is in psychology, counselling, cognitive neuroscience, pastoral care and youth work.

He has coached some of our country's highest performing athletes, coaches and leaders to clear the mental mess and create long term brain change.

His passion is to help Aotearoa get unstuck from the mental chaos & equip them with tools to experience life to the fullest.

Rico's drive for mental health and well-being stems from his own battle with mental illness and being able to overcome the barriers of chronic anxiety and depression.



Notes

RICO GOMEZ - NeuroFit

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Key Points:

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RICO GOMEZ - NeuroFit

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CLEAR THE MENTAL MESS

NeuroFit

REDUCING ATTENTION DEFICIT

DISCOVER HOW YOUR BRAIN
DIGESTS INFORMATION



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LEARNING STYLES

INTRAPERSONAL

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INTERPERSONAL

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LINGUISTIC

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LOGICAL/ MATHEMATICAL

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KINESTHETIC

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MUSICAL

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VISUAL

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Intrapersonal

Someone who prefers working alone, which is the exact opposite of an 'interpersonal learner'. These are self-motivated learners that like to set individual goals, and prefer to study by themselves with their own thoughts and ideas rather than with others that intrude on those thoughts.

A few attributes of a Intrapersonal learner:

- Introspective and aware of a range of emotions
- Ability to control and work with your thoughts and emotions
- Good at finding ways of expressing thoughts
- Enjoy working independently
- curious about the meaning of life
- You enjoy thinking strategies, journal writing, relaxing and self-assessment strategies

Interpersonal

Someone who enjoys working in groups and teams and benefits from open communication and the sharing of ideas. These learners tend to be natural leaders and team players, and often have extroverted personalities

A few attributes of an Interpersonal learner:

- Strong leader
- Good at networking
- Can negotiate
- Loves to talk
- Likes to organize
- You sense other people's moods, temperaments, motivations and intentions
- Ability to influence others
- You bond with people easily

Linguistic

The linguistic learner is one who learns best through linguistic skills including reading, writing, listening, or speaking. Sometimes, it's a combination of these methods

A few Attributes of a linguistic learner:

- Express and explain yourself by writing/ or using lots of words
- Likes to argue, persuade, entertain and instruct
- Likes to write, play with words, read and tell stories
- Good general knowledge
- Loves reading
- You spell well
- Learn languages easily



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Logical / Mathematical

Logical-mathematical learning style refers to your ability to reason, solve problems, and learn using numbers, abstract visual information, and analysis of cause and effect relationships. Logical-mathematical learners are typically methodical and think in logical or linear order

A few attributes of Logical / Mathematical learner:

- Intuitive and disciplined in your thinking
- Like to calculate and quantify
- Likes to reason things out
- Want to know what comes up next
- You find paradoxes challenging
- Love to create theories of how things work
- Like to work out and fully understand complex sequences

Kinesthetic

Kinesthetic learners need to move. They wiggle, tap, swing their legs, bounce, and often just can't seem to sit still. They learn through their bodies and their sense of touch. 2. Kinesthetic learners have excellent "physical" memory.

A few attributes of Kinesthetic learner:

- Good coordination
- You approach problems physically
- You explore environment through touch and movement
- Likes to fiddle with and do things
- Often stretch and yawn
- Loves to dance
- Needs to move when thinking
- Invents new approaches to physical skills

Musical

A musical learner may also be referred to as an aural learner, or an auditory-musical-rhythmic learner. Individuals with this learning style prefer to work with sound and music;

A few attributes of Kinesthetic learner:

- Instinctively feel when things are right or wrong
- Do not do things unless they feel right
- Sensitive to their surroundings
- Likes to interpreting the meaning behind things
- You respond to sound
- Highly developed intuition
- You keep time to music

Visual/ Spatial

A visual-spatial learner is a student who learns holistically rather than in a step-by-step fashion. Visual imagery plays an important role in the student's learning process. Because the individual is processing primarily in pictures rather than words, ideas are interconnected (imagine a web)

A few attributes of Logical / Mathematical learner:

- Stare into space while listening
- Enjoys hands on activities, learn by seeing and doing
- Recognize faces but may not remember names
- you navigate through space well, eg. you navigate through traffic well
- Think in pictures and visualize details easily
- You perceive both obvious and subtle patterns and see things in different ways or from new angles.

Reference:

Dr Caroline Leaf - Think, Learn Succeed



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HOW TO DETOX A BAD DAY

A BAD DAY NOT DEALT WITH CAN
TURN INTO LONG TERM TOXIC
MEMORY

THE STRATEGY

CIRCUMSTANCE

THOUGHTS

EMOTION

ACTION

TRUTH/LESSON

NEW ACTION



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DAWN WILSON

Autism Behavioural Consultancy

Dawn specialises in behavioural, social and academic programmes for students with ASD and other disorders.



She believes no child is the same and therefore all her programmes are written based on what's right for the child. All the programmes are taught on a 1-1 basis and immediately generalised to the environment to achieve the maximum gains for the child.

She is a strong believer in professional development and enjoying sharing new concepts and knowledge with others. Dawn feels it is important that everyone around the child, parents, family and teachers understand the importance of the programme and how to best implement it in all situations.

Dawn Wilson - Autism Behavioural Consultancy

Key Points:



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Dawn Wilson - Autism Behavioural Consultancy

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MARSHALL DIGGS

Growth Culture

Marshall has a background as a teacher mentor, principal, community leader and keynote speaker, Marshall's role as Director at the Growth Culture Leadership Academy perfectly combines his passion for teaching and inspiring educators, with his strengths in leadership, coaching and mentoring.



He is a regular keynote speaker and has a wealth of experience providing transformative education training in the areas of effective leadership, culture-building, innovation, strategy and solutions for leaders, and innovative teaching practice. His strengths include effective communication, creating positive relationships, building relational trust, and developing effective teams.

Marshall is deeply committed to supporting schools in crafting leadership pathways as well as training and equipping leaders, to enable them to create cultures where everyone can thrive. Marshall enjoys reading widely, keeping up to date with the latest trends and developments in education, as well as story-time and adventures with his wife and his four spirited children.

Marshall Diggs - Growth Culture

Key Points:



Marshall Diggs - Growth Culture

Key Points:



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Key Points:



Marshall Diggs - Growth Culture

Key Points:



LISA MCWILLIAM

Growth Culture

Lisa is a passionate and driven educator with a wealth of experience across the primary sector. Over the last 35 years she has worked as a Classroom Teacher at all levels, Education Specialist for ORRs students, Drama Teacher, GATE Advisor, Team Leader, SENCO and Deputy Principal.



Lisa has most enjoyed her roles as coach and mentor in the leadership positions she has had the privilege to hold. She has made it her personal mission to 'grow leaders' in order to help her teams reach their performance 'sweet point'. She is always excited and energised by the opportunity to work alongside educators and mentors with a growth mindset who have student well-being and achievement at the centre of all they do.

Lisa and her husband Andrew have three great young adults who make them proud every day! Time spent together with friends and whānau, sharing great food, crazy banter and even better wine, along with walks through the forest, or along the beach, are things that fill Lisa's tank.

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Lisa McWilliam - Growth Culture

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Lisa McWilliam - Growth Culture

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Lisa McWilliam - Growth Culture

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Lisa McWilliam - Growth Culture

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EMPOWERING LEADERS
TRANSFORMING COMMUNITIES



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