

*Trauma-Informed Professional Development*

# Heidy with a WHY

**Social Emotional Learning**

**HEIDY  
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**KEYNOTES • WORKSHOPS  
COACHING • CURRICULUM**

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## About Heidy

Heidy LaFleur is a vibrant, positive and common sense leader with explosive passion for helping people understand the impact of trauma. She is an author, a forever teacher, former school administrator and most importantly a mother who lives the trauma cycle with her family.

With her personal experience being the foundation of her work with kids who struggle with mental health, she has worked with hundreds of kids in need of an understanding, positive & compassionate adult in their lives. Her true purpose is to develop and teach practical strategies to work with all behavior in order to make every day the best day for every child.

Heidy's undergraduate studies were in elementary education at Drake University and her graduate work took place at Northeastern Illinois University. She has authored 2 books: *Hop on the Clue Bus – A Common Sense Guide to Leadership* and *THOSE KIDS are Our Kids*.

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## Soaring Balloons & Heavy Shackles

Helping the Most Challenged Kids Soar

This powerful true story, based on real life trauma, provides practical strategies to understand how our Actions, Words & Expressions (AWE) have a direct impact on the outcome of interactions with our students. Trauma transforms the student experience and practicing our perspective can assist in a child's journey to reclaim livelihood. We are empowered to be a part of the problem or part of the solution with ALL kids. Our AWE can either add weight to their shackles or fill their balloons to soar.

## The Social Emotional Alphabet

The ABCs of Making EVERY day the BEST day for EVERY Child

Every letter of the Social Emotional Alphabet represents a practical & powerful strategy to help our kids who have been traumatized, feel misunderstood or take frequent detours from what's expected. Leave with more than 26 SEL strategies (full day) 13 SEL strategies (half day) to build relationships with every child regardless of behavior. Gain perspective that you do have the "magic wand" to guide behavior. Come see what that magic is so you can make EVERY day the BEST day for EVERY child.