

*Courtney
Edmondson*



**Secondary Education
Programs**





Secondary Education Programs

Using Adversity to Your Advantage

Cortney shares her story of resilience in the face of childhood trauma to demonstrate that adversity is merely a fact of life and doesn't have to prevent us from living a fulfilling and meaningful life. She empowers participants to recognize that life's challenges can actually add value to their life and develop characteristics that will transform them into powerful and resilient leaders.

Learning Objectives:

You are not alone & it is not your fault

Pain is a cycle that only ends when someone decides to heal it

Adversity adds value

Thriving vs Surviving, the choice is yours

When we talk about our pain, we are able to process and overcome it

Keywords/ Topics

Resilience; Social Emotional Learning; Growth Mindset; Mental Health; Post Traumatic Stress; Adverse Childhood Experiences; Thrive; Empower

Intended Audience:

Youth Intervention; Middle & High School Students, Mental Health Awareness Programming; Social Emotional Learning Programming; Inspirational Speaking



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Embracing ACEs

In high school, Cortney was involved in extra-curricular activities, an honor student and always on her best behavior. Her teachers and peers never would have imagined she was raised in a dysfunctional and trauma-filled home.

Unfortunately, the reality is that she wasn't alone. Two out of every three children endure at least one adverse childhood experience (ACE) before the age of 18. These youth don't have the luxury of feeling safe at home and as a result, face unanticipated social challenges outside of the home. Cortney's unique experience gives youth advocates valuable insight into the lives, thoughts and behaviors of youth so they can be more equipped to help youth succeed.

This program is designed to help youth influencers and educators better understand what youth experiencing trauma are going through and feeling, why they are behaving the way they are and how we can better support them. Participants will be educated on the common misconceptions about ACEs and gain tools and techniques to help foster resilience in their youth.

Learning Objectives:

- Understand common ACE misconceptions
- Recognize the destructive unspoken rules that youth with ACEs are following
- Extreme behaviors, both positive and negative, are indicators of shame
- Identify characteristics of safe, stable, nurturing relationships and environments
- Learn how to empower youth with certain choices that will help them thrive

Keywords/ Topics

Social Emotional Learning; Mental Health; Adverse Childhood Experiences; Trauma Informed

Intended Audiences:

Educators; Youth Advocates & Mentors; Social Workers; Youth Leaders; Professional Development; Training

Note: There are additional programs available depending on audience's prior knowledge and training of Adverse Childhood Experiences. Also, Inquire if you are seeking half and full day training options.



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Breaking The Cycle

As part of her healing journey, Cortney discovered that much of the dysfunction she was surrounded by in adulthood was actually a result of self-sabotaging behaviors and subconscious psychological patterns she had no idea she could change. Fortunately, identifying these habits was the first step towards breaking them and choosing new life-giving and self-loving behaviors instead.

This program is designed to bring awareness to the public about adverse childhood experiences and trauma. Attendees will recognize the root cause of the majority of public health issues being unresolved or unprocessed trauma. The audience will be inspired to change not only their perspective, but also the world around them.

Learning Objectives:

Introduction to Adverse Childhood Experiences

It's not what's wrong, but what happened

Identify both healthy and unhealthy coping mechanisms

Understand how ACEs impact our schools, workplaces and communities

Keywords/

Topics:

Social Emotional Learning; Mental & Emotional Health; Adverse Childhood Experiences; Trauma Informed; Stress Management; Trauma; Public Health

Intended

Audiences:

Parents; Advocacy Agencies; Sponsors; Youth Advocates & Mentors; Community; Corporations

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Testimonials

"Cortney's story is real and powerful. Her story provided our teachers with a live example of how important it is to not only understand how adverse childhood experiences can effect a child, but also to understand how each child deals with those experiences differently. The most powerful part of her story was how the life of this student, who had an ACE score of a 9, was changed one day due to a caring adult who took the time to really get to know her and provide her with guidance and direction. I highly recommend her program for both faculty/staff and students to further understand ACEs and resilience."

-Julie Kraemer, Superintendent
Hutsonville Illinois School District

"Cortney's presentation improved the school culture by facilitating a better understanding of personal circumstances and exponentially increased empathy amongst the student body. I witnessed Cortney changing students' lives the day she spoke."

-Victoria McDonald, Principal
Robinson High School

"Cortney recently spoke at our school to an auditorium full of freshmen. She had their full attention and it was impressive how well she was able to connect with the students. They clearly respected her honesty and boldness. The courage to tell her story and then describe the forgiveness that's taken place in her heart since was encouraging and something that everyone listening can benefit from!"

-Jonathan Mileswki
Wilson Central High School

"In the twelve years I've been here, this was the most attentive the students have been at an assembly, and I really think her message struck a chord with many of them."

Jonathan Cook, MA
Robinson High School

Hi There!

Thank you for taking the time to review my program options. Please know that all programs can and will be tailored to your specific audience and event. If you have something else in mind, please don't hesitate to ask.

Thank you!

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