

REGISTRATION IS OPEN!

# MTSS FOR ADULTS: EMBODIED AWARENESS, FOCUS & SELF-TALK







Join renowned educator, researcher, and author **Dr. Lori Desautels** for an immersive half-day session designed to strengthen the emotional, social, and physiological well-being of the adults who support children and youth. This session centers on the foundational components of MTSS (Multi-Tiered System of Supports) for adults, helping school teams understand how the state of the adult nervous system shapes climates, relationships, and outcomes.

## What You'll Learn



- ✓ Embodied Awareness: focused attention--self talk/inner dialogue
- ✓ Tools, practices, and insights to deepen nervous system awareness
- ✓ How to strengthen your self-awareness and self-regulation to improve decision-making
- ✓ Tools to reduce burnout, increase capacity, and foster a sense of safety

## Meeting Details

-  April 30, 2026
-  8:00 AM Registration, Coffee & Tea
-  Training 9:00 AM – 1:00 PM
-  Cross Insurance Center  
Bangor, ME
-  \$75.00 Per Participant\*
-  Who Should Attend:  
Support staff, teachers,  
specialists, admin., etc.



[Click Here To Register](#)

# EVENT OVERVIEW

This learning experience explores the mindsets, practices, and nervous-system states that drive our feelings and behaviors—whether they create safety and ease or lead to dysregulation in environments where adults and children struggle to feel grounded.

Because emotions and stress are contagious, adults who understand and monitor their own nervous system states can learn actionable strategies that: prevent escalation, reduce power struggles, strengthen relationships, and build greater curiosity, reflection, and resilience.

# SPONSORED BY



\* Thanks to a generous donation to the Maine Education Leaders Professional Learning Collaborative, registration for your district staff is only \$75.00 per person.

Registration Deadline: April 16, 2026 (cancellations will not be accepted after April 16<sup>th</sup>). Please do not pre-pay. MELPLC will bill your district after the workshop.