



### **About the Presenter**

Steve grew up in poverty in a housing project in a single parent family. His third grade report card read, "Parent notified boy is retarded." In the ninth grade, after being involved in a school fight, he had two hip operations and was told that he may never walk again. He was in a wheel chair for a year. The doctor told him he better start to listen to his teachers. And, as he tells students today, the more he listened, the smarter the teachers became.

Education was the only way out of the ghetto for Steve. When he graduated from high school, he worked full-time to get his family off welfare before entering college. He learned how to deal with the challenges of being ADHD and dyslexic. His childhood disabilities and experiences offered unique opportunities that helped him become a better person and educator.

Today, Dr. Stephen Sroka is an internationally recognized speaker, trainer, author, teacher and educational consultant on health education, school safety, brain-based learning, at-risk students and alternative education, parenting, dropout prevention and leadership building for schools and communities.

He is an Adjunct Assistant Professor, School of Medicine, Department of Family Medicine, Case Western Reserve University, and President of his company, Health Education Consultants. He has worked in schools (K-12) worldwide for over 30 years. Today his wife and two of his daughters are special education teachers.

Dr. Sroka speaks in schools (K-college) and communities around the world and often on Native American reservations. He has keynoted many state professional conferences. National/international keynotes include: **AAFCS, AAIE, AASA, ASCD, DARE, DEA, IATDP, NAASBMA, NAEHCY, NAREN, NASN, NASRO, NASSP, NCPC, NDPN, NISBA, NMSA, NYAR, PRIDE, PTA, Rachel's Challenge, SSAC, SSWAA, UNITY, US Dept. of ED (Indian ED), and YCWA.** He has presented in programs in **Dubai, Guam, St. Croix, Trinidad, Cayman Islands, Guatemala, Zurich, Winnipeg, Calgary, Montreal, Toronto and London.**

He was invited to the President's White House Conference on School Safety, and he keynoted the **First International Swine Flu Conference** in Washington, DC, which was featured on **C-SPAN.**

Dr. Sroka's spirited presentations stressing the **Power of One** have resulted in guest appearances on many TV programs, including the Oprah Winfrey Show, as well as coverage in many newspapers including USA Today.

Dr. Sroka received the Outstanding School Health Educator Award from the American School Health Association, was selected the Disney Outstanding Health Teacher of the Year, and was inducted into the National Teachers Hall of Fame. But his most meaningful "award" was his six-year-old daughter telling him that he was smarter than the cartoon character, Inspector Gadget. Obviously, his wife does not agree.

For more information, [www.DrStephenSroka.com](http://www.DrStephenSroka.com)

## **Part 1. Keynote Program Description**

### **The Power of One**

This is a high-energy, motivational, multimedia education presentation that is research-driven and reality-based. It integrates cutting-edge research (including social intelligence, stress management, communication strategies, brain based learning, media and cultural literacy, character education, resiliency, and youth and asset development programs) and humor and inspiring real-life stories to facilitate learning about the whole person and the students' mental, emotional, social, spiritual, and physical health needs and their relationship to academic and life success. The program is filled with, "tips from the trenches" to help build relationships, partnerships, and leadership for all school personnel.

The participants will leave with an unforgettable message filled with an incredible sense of hope and joy that with education, helping one another and believing in yourself, you can change schools, communities and lives.

Change is inevitable, growth is optional. You have the Power of One to change the future. Let's start today!

## **Part 2. Workshop Description**

### **Using Brain-Based Learning to Reach, Teach and Protect the Whole Person: 25 Free Strategies to Help You Today**

This workshop will offer the opportunity to "share and care" with a conversation to discuss the ideas addressed in the keynote and will include **25 free brain based learning strategies** to help reach, teach and protect the whole child- socially, physically, mentally, emotionally and spiritually.

This workshop will deal with the barriers that hamper safe and effective education, and offer suggestions, based on research and reality, to help you make your schools, homes and communities safe and healthy where students can learn more and live better.

### **Part 3. Wednesday Afternoon Intensive/interactive Workshop**

#### **Teaching to a T: KAEA Style- Building Relationships and The Four Challenges**

**Teaching to a T** is a strategy to promote teambuilding, personal motivation and learning. It helps develop the skills to build relationships, partnerships and leadership. It has been used successfully for student leadership trainings at the local, state, and national levels. It has been used successfully with the most reluctant learners and in areas with students with high dropout rates, as well as with in-services for the highest-level administrators of state departments of education and health and also community and business organizations.

Imagine an exciting interactive activity that lets you learn about yourself as you learn about the challenges that youth must face such as the risk factors involving **sex, drugs and violence, including bullying**, and the challenges adults and educators must face to be effective such as the four C's: **caring, communicating, collaborating** and working with different **cultures**.

You will have an opportunity to reflect on who you are, what you do, your pet peeves, and your dreams, and create a visual of whom you are and how you can make a difference in your school, community, and life. This session gives you time to reflect, present your ideas in a brain-based, multiple intelligence way, and incorporate social intelligence to bring your plans to life and help lead you through a process that ends with you graphically displaying and testifying about who you are and your action plans to make a difference on a T-shirt in your most creative, colorful, outrageous way!

This innovative strategy, which is built on cutting edge research, is based on the traditional concept of the vision quest where youth would go out in nature to find their spiritual identity and transform it onto a shield that would provide physical, psychological, and spiritual protection. In this activity, a T-shirt becomes a shield.

After a recent training, a participant e-mailed me; "I did not realize how much a T-Shirt could change a person's life. It changed mine. Thank you."

The added beauty of this session is that everyone experiences a **free** technique that they can take back and use in their schools and communities.