



## P.R.O.M.

**PRACTICAL. RESEARCHED. ORGANIC. MATERIALS & METHODS.**  
*a multifaceted series on adolescent brain development*

Do you remember going to your high school prom? What do you mean your school didn't offer one? Are you the former Prom King or Queen who still looks at the pictures and remembers the magic? Or are you that kid who desperately wanted to go, thought you really would be voted into Prom Court, but was left going with some guy you met on a field trip? If that's you, then we have something in common.

**The P.R.O.M. series is for any adult who cares for or works with adolescents. It contains workshops, seminars, and trainings on the hottest topics surrounding adolescent brain development.**

As an **organizer**, you determine the topic and the length to fit your needs. A variety of topics and formats can be combined to fill a full day or multiple days. You even have the choice of booking the entire series for a year.

As a **participant**, you will learn:

- To be **PRACTICAL**. Even though times have drastically changed, there is still the practical matter that kids grow up and as adults we were all one of "them."
- To pay attention to the **RESEARCH**. The information that is presented is based on evolving research in the field of adolescent brain development and human development.
- To appreciate the return to simple **ORGANIC** skills and methods. Interventions don't have to be high-tech, plugged in or expensive.
- How to develop **MATERIALS & METHODS** that put theory into practice with the use of interactive exercises...because sometimes reading about it just isn't the same.

As a **presenter**, I hope to:

- Present scientific information in a user-friendly format that is interactive and entertaining.
- Provide ideas on how the science is related to your work.
- Assist you in your process of adding the information to your daily practice.
- Supply you with a packet of resources to help you continue your own exploration of the adolescent brain.
- Make you laugh so you feel like the time was well spent.

*for a more exciting presentation*

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## **LET'S GET THIS PARTY STARTED!**

60-90 minutes

*Basics of early brain development including effects of trauma, neglect, and stress.*

*Great workshop for participants who are not familiar with brain development or as a refresher for those who have some level of understanding.*

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## **WHO IS THAT GORGEOUS BRAIN IN THE MIRROR?**

*Basics of adolescent brain development including effect of stress and history of abuse.*

60-90 minutes

*Add information on the development of Self and being egocentric.*

3 hours

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## **SHOULD I GO OR NOT GO?**

*Cognitive development in adolescence and how they think.*

60-90 minutes

*Half day event includes audience submitted case studies and/or popular media examples. This can be with or without emphasis on anti-social cognition and juvenile delinquency.*

3 hours

*Full day event includes all of the above plus introduction to the Greek Gang – how to use the teachings of "old school" philosophers with today's youth.*

6 hours

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## **SHOULD I GO OR NOT GO? WITH A TWIST OF RISK**

*Same topics covered in the 60-90 minute workshop described above with additional information on the brain's reward system, dopamine and healthy risks.*

3 hours

*Full day event includes the 3 hour segment plus practices of healthy risks leading to healthy rewards.*

6 hours

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## **DANCING WITH MY IPOD - EVERYBODY'S DOING IT!**

*Beginning with "Who is that Beautiful Brain in the Mirror ?" (for a basic understanding of adolescent brain development) followed by peer pressure, adolescent culture, and global networking.*

4 hours

*In addition to the material covered in 4 hours, information on the growing field of research examining the impact of technology on the developing brain.*

6 hours

*Full day event covers everything in the 6 hours plus puberty, cognitive development, risk and peer pressure.*

8-10 hours

## WHO SPIKED THE PUNCH?!?

<i>Effects of alcohol and other drugs on the developing adolescent brain.</i>	90-120 minutes
<i>Half day event includes audience submitted case studies and/or popular media examples.</i>	3 hours
<i>Full day event includes all of the above plus the story of "Waiting for My Brother To Die" - a powerful, personal account of what 30+ years of drinking and drugging can do to a once troubled teen.</i>	6 hours

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## DON'T LAUGH AT THE WAY THEY DANCE

<i>Empathy, social consciousness and moral development.</i>	2 hours
<i>Half day includes above information plus a deeper examination of the newest research on the use of technology and lack of empathy.</i>	4 hours
<i>Full day includes all of the above plus a more thorough introduction to the Greek Gang and the teaching on moral development and ethics.</i>	6 hours
<i>For a full two day event, I would recommend adding the following sessions:</i>	10 hours
<i>Let's Get this Party Started! (baby brains)</i>	60 mins
<i>Who is that Beautiful Brain in the Mirror? (adolescent brain)</i>	90 mins
<i>Should I Go or Not Go? (cognitive development)</i>	90 mins

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## PARTY CRASHERS

<i>Hormones, puberty, neurotransmitters and working with the moody adolescent brain.</i>	60-90 minutes
<i>Half day includes detailed information on the differences between and similarities of the female brain and the male brain.</i>	3 hours
<i>Full day includes the 3 hour session plus information on mental health issues and hot topics in the current research.</i>	6 hours
<i>Longer event would be all of the above plus case studies and environmental influences (i.e. connections to AODA use).</i>	10 hours
<i>To make a full two day event, I would recommend adding the following sessions:</i>	12 hours
<i>Let's Get this Party Started! (baby brains)</i>	60 mins
<i>Who is that Beautiful Brain in the Mirror? (adolescent brain)</i>	60 mins

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## KEEP ON DANCING!

<i>Motivation, using their strengths, and finding their passions.</i>	2 hours
<i>Full day event includes all of the above plus the importance of play!</i>	3-4 hours

## Who Is REVOY

Some have described her as a Dancing Queen, others call her an avid story teller. Lucky for you, both of these are true.



### SHE KNOWS HER STUFF

- earned a Bachelors degree in Philosophy from St. Norbert College where she made the list of *Who's Who In American Universities & Colleges*;
- went on to earn a Masters degree in Human Development from UW-Madison where she graduated with honors;
- researched and created numerous curriculums on various topics over the last 15 years;
- designed and facilitated over 100 workshops, seminars and trainings in the past 20 years;
- worked in the domestic violence prevention field, for the WI Department of Corrections and various non-profits serving adolescents;
- is a member of *Learning & The Brain Society*.

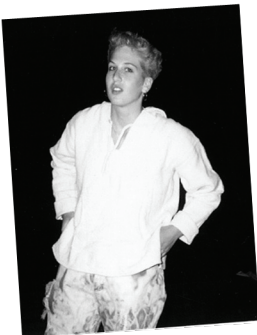
### SHE HAS BEEN THERE

It all started in a foster home somewhere on a farm south of Milwaukee. At 2 months old REVOY went from the farm to Broadway, the street where her adopted family lived in Waukesha.

Making her own small cracks in the "glass ceiling," REVOY became the first altar girl in her catholic grade school and the first female usher at the movie theater where she worked during high school.

But it wasn't all funny robes and free popcorn, REVOY made a few other statements. She was

"grunge" before there was "grunge." She hung out with skateboarders when it wasn't an official sport. She skipped school to go to Madison only to have her car break down. And she enjoyed dying her hair, shaving her head and wearing pajamas to school that she bought at Goodwill.



## IT'S WORTH THE TIME AND THE MONEY!

<b>CONFERENCE BREAKOUT</b>	honorarium
60-90 minutes	plus waived conference fee, travel* and handouts
<b>WORKSHOP</b>	\$150-300
60-90 minutes	plus travel* and handouts
<b>TWO HOUR WORKSHOP</b>	\$400
	plus travel* and handouts
<b>HALF DAY SEMINAR</b>	\$500-700
3 hours	plus travel* and handouts
<b>FULL DAY SEMINAR</b>	\$700-1000
6 hours	plus travel* and handouts
<b>TWO DAY SEMINAR</b>	\$1500-2000
10-12 hours	plus travel* and handouts

\* Travel includes meals & lodging when needed. Mileage is reimbursed at the current state rate - \$.485 per mile for WI.

## YOU GET WHAT YOU PAY FOR! PLUS...

One of the many ways P.R.O.M. is different is the focus on **MATERIALS & METHODS**. Each participant is given an **ACTIVITY BOX** full of all the items she/he needs to complete EVERY activity that is taught. In some cases this could be \$20 worth of materials per individual that you DON'T pay for.

*...because like I said, I can't "do boring."*

And don't forget the  
**CONTINUING EDUCATION HOURS.**

They can be earned at every event!

Email or call for details!

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Whenever possible, REVOY tries to Recycle, Reuse, Re-furbish, Rewind, Reconnect, Renovate, and Rejuvenate.

