



## SYNERGETIC EDUCATION®INSTITUTE

### Synergetic Education Core Tenets

1. **Preparing Brains and Bodies:** Learning works best when aligned with current brain and body states. Synergetic Educators help **prepare students' brains and bodies for learning** by understanding how physical and mental states influence thinking and processing.
2. **Creating Safety and Belonging:** Safety and belonging begin in the brain. Synergetic Educators go beyond creating welcoming environments, they **facilitate felt experiences of safety and belonging**, allowing true connection to self.
3. **Developing Self-Regulation:** Managing stress and emotions is a vital life skill. Synergetic Educators teach students practical tools to **regulate themselves and navigate challenges with increasing independence**.
4. **Respecting Individual Needs:** Everyone expresses regulatory needs in unique ways. Synergetic Educators help students recognize their nervous system responses and access **doses of regulation throughout the day**, without disrupting learning.
5. **Balancing Challenge and Support:** Learning can feel uncomfortable as new information and experiences arise. Synergetic Educators **help students believe they can handle tough moments** by offering the right mix of support and challenge, fostering curiosity instead of fear.
6. **Being an External Regulator:** Windows of tolerance expand and perceptions shift when regulation is paired with challenge. Synergetic Educators lend their regulatory capacity to others, rewiring brains and repatterning nervous systems to **strengthen students' ability to manage challenges**.
7. **Supporting Relationships:** Empowering and supporting both students and adults is essential. Grounded in the science of interpersonal neurobiology, Synergetic Educators **model new ways of interacting**, helping everyone discover who they truly are in relationship.
8. **Empowering School Staff:** The Developmental Mindsets Paradigm™ fosters genuine collaboration among staff. Synergetic Educators work developmentally with colleagues, **facilitating growth from where they are** and promoting authenticity and congruence.