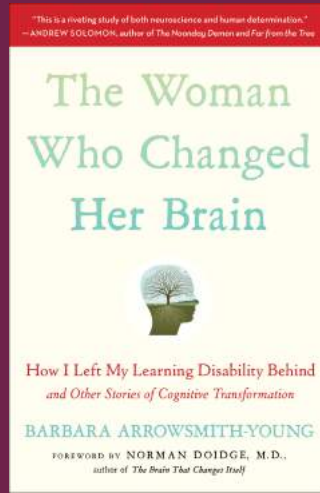




Barbara Arrowsmith-Young

Speaker's Package

FOR SPEAKING REQUESTS, PLEASE CONTACT EVENTS@ARROWSMITHPROGRAM.CA



Barbara Arrowsmith-Young's Bio

Barbara Arrowsmith-Young is recognized as a pioneer, as the creator of one of the first treatment applications utilizing the principles of neuroplasticity.

As the founder of the Arrowsmith Program, she began using these principles in 1978 to develop cognitive programs to address learning disorders, first starting with her own debilitating set of brain deficits. She continues to develop programs for students with learning disabilities and her program of cognitive exercises is implemented in 55 schools in Canada, the U.S., Australia and New Zealand.

Barbara is the author of the international bestseller, *The Woman Who Changed Her Brain*. She holds a B.A.Sc. in Child Studies from the University of Guelph and a Master's degree in School Psychology from the University of Toronto. Barbara is the Director of Arrowsmith Program and Arrowsmith School.

“Barbara Arrowsmith-Young is a pioneer, a bold and ingenious woman, deeply empathic and utterly determined. Rarely is the person who makes a discovery the one with the defect. Barbara is the exception.”

- Norman Doidge, M.D., author of *The Brain That Changes Itself*

For press quality images of Barbara Arrowsmith-Young, please visit www.barbaraarrowsmithyoung.com/images-downloads/

MEDIA

Step by Painful Step, She Built a Better Brain
- Sarah Barmak, *The Globe and Mail*

The Woman Who Changed Her Brain (and Thousands of Others) - Laurie Nadel, *Huffington Post*

How to Rewire a Brain - Janet Hawley, *Good Weekend Magazine, Australia*

How Barbara Arrowsmith-Young Rebuilt Her Own Brain
- Jon Henley, *The Guardian*

Interview with Michael Schulder - *CNN Radio*

Conversation Hour with Richard Fidler - *ABC Radio, Australia*

New Hope: Arrowsmith School - *60 Minutes Australia*

Authored by Barbara

The Woman Who Changed Her Brain

TEDx Toronto 2012 Talk: The Woman Who Changed Her Brain

How I Changed My Brain: Training Your Mind to Overcome Learning Disabilities - *NY Post*

How My Learning Disability Affected My Mental Health
- *Huffington Post Canada*

For more media, please visit www.barbaraarrowsmithyoung.com

AWARDS

2012 University of Guelph Alumna of Honour Award
Awarded to Barbara Arrowsmith-Young

2010 SharpBrains Brain Fitness Innovation Awards
Arrowsmith School named Most Innovative Special Education School

2002 Giraffe Award - Presented to Barbara Arrowsmith-Young

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PRESENTATION TOPICS

A Personal Journey Into the World of the Brain: Shaping The Mind/Function and Plasticity

In this presentation, Barbara will talk about her journey of discovery, the lines of research she combined and the outcomes achieved over her 35 years as an educator and researcher. She will describe a number of learning disorders, from those that impact the learner in school to those that affect us in life. She will discuss 'cognitive glitches' - those areas of weakness that we are all familiar with and often explain away by saying, "I am just not good at navigating, recognizing faces, (fill in the blank)." She will discuss 'cognitive mismatches' - situations we find ourselves in where the demand of the task is incompatible with our cognitive functioning and the challenges this presents. Principles of neuroplasticity and the factors leading to both positive and negative brain change will be discussed.

Suitable Audiences

Educators
Professionals in the field of learning
Parents of individuals with learning problems
Individuals with learning problems
Anyone interested in understanding more about how our brain shapes us and how we can shape our brains

Supporting Article:

How the Brain Learns, Paper submitted at the Australian Council for Educational Research, August 2013

The Arrowsmith Program: Addressing Learning Disabilities – A Cognitive Approach

In this presentation, Barbara will talk about her journey of discovery, the lines of research she combined and the outcomes achieved over her 35 years as an educator and researcher.

She will describe a number of learning disorders, from those that impact the learner in school to those that affect us in life. The focus will be on learning disorders that impact academic performance such as reading and writing and some of the outcome studies demonstrating cognitive and academic performance change in these areas as a result of students engaging in the Arrowsmith Program's cognitive exercises.

Suitable Audiences:

Educators
Professionals in the field of learning
Parents of individuals with learning problems
Individuals with learning problems
Anyone interested in understanding more about how our brain shapes us and how we can shape our brains

Supporting Article:

Report on Academic Skills and Learning Outcomes

The Intimate Connection Between Mental Health Issues and Learning Disabilities

In this presentation Barbara briefly describes her own personal struggle with learning disabilities and its impact on her mental health in context with the research findings in this area.

The talk focuses on the research findings linking mental health outcomes related to learning disabilities supported by the 'voices' of individual students, ages 11 to 63, describing their experiences. The impact of learning disabilities on the individual and society become clear.

Suitable Audiences:

Health Care Professionals
Mental Health Professionals
Educators
Professionals in the field of learning
Parents of individuals with learning problems
Individuals with learning problems

Supporting Article:

[How My Learning Disability Affected my Mental Health](#)

The Woman Who Changed Her Brain (Author talk)

Barbara's talk covers the personal and the universal. The personal is Barbara's journey of discovery driven by her hunt for a solution to her own debilitating learning disorders leading to the integration of two lines of neuroscience research.

The universal is that we all have a brain and by furthering our knowledge of how our brain shapes us through mediating our understanding of the world we can gain insight into our functioning and that of others. And most promising, that through our growing understanding neuroplasticity, we now have the knowledge to develop treatments to shape our brains.

It is a journey of understanding and transformation. This talk is supported by readings from Barbara's Internationally best-selling book, *The Woman Who Changed Her Brain*.

Suitable Audiences

General public
Library Patrons
Book Club Members

Speaking Requirements

Presentation Logistics:

- Each presentation is one hour in length
- Minimum audience of 200 people
- Speaker's Fee: To be discussed
- Costs covered for travel and accommodation
- Event promotion
- Event organizer to make arrangements to have Barbara's book *The Woman Who Changed Her Brain* available for sale
- Barbara is available to sign books

Venue to provide:

- Projector for Powerpoint
- Appropriate cables to attach laptop to projector
- Lectern/Podium for notes
- Microphone

Not Required to Provide:

- Laptop
- Slide advancer
- Audio and internet access



www.arrowsmithschool.org

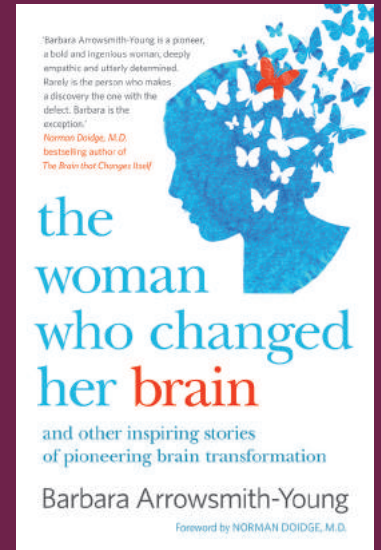
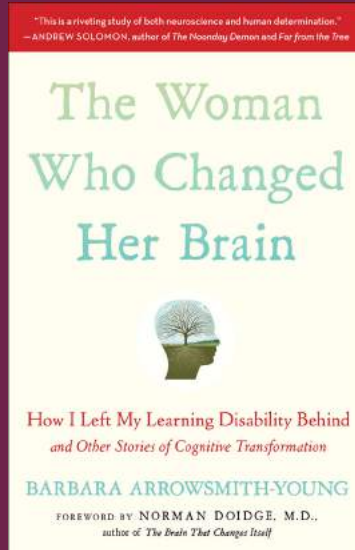
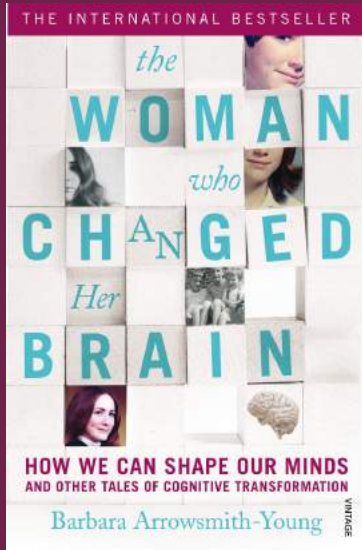


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THE WOMAN WHO CHANGED HER BRAIN

In *The Woman Who Changed Her Brain*, Barbara Arrowsmith-Young tells the compelling story of how she tapped into neuroscience research and used neuroplasticity to transform her brain and life, then went on to create the Arrowsmith Program.

Readers will learn of Barbara's own story, as well as those of many others who have profoundly changed their lives through strengthening their learning capacities. As Barbara noted upon release of her book:

"In my book *The Woman Who Changed Her Brain*, I combine my own personal journey with case histories from three decades as a researcher

and educator, unraveling the mystery of how our brain mediates our functioning in the world. This book details the brain's incredible ability to change and overcome learning problems, and deepens our understanding of the workings of the brain and its profound impact on how we participate in the world.

My work has been and continues to be a labour of love, and I am honoured to share with you through this book my journey and life's work. I sincerely hope you enjoy this book and that it will inspire you to change the way you think about the mind."

- Barbara Arrowsmith-Young

"Hers was a struggle between despair and determination. Determination won."

- CNN Radio News

For more on *The Woman Who Changed Her Brain*, please visit <https://barbaraarrowsmithyoung.com/woman-who-changed-her-brain/>

PRAISE FOR THE BOOK

"Arrowsmith-Young's poignant and uplifting book about her transformation from a child born with severe learning disabilities to a dynamic pioneer in cognitive education offers hope to anyone who has ever struggled with a learning disorder, brain trauma, ADD, or stroke. By her own fierce determination and passionate desire to learn, this remarkable woman changed her own brain and has since helped countless others to change theirs. This is an important book."

- Mira Bartók, *New York Times* bestselling author of *The Memory Palace*

"Arrowsmith-Young explains some of the most complex neurological concepts in a personal and breathtakingly simple way." - *The Globe and Mail*

"This is a riveting study of both neuroscience and human determination"

- Andrew Solomon, author of *The Noonday Demon* and *Far From the Tree*

"If you have a son, daughter, a parent, a spouse, or a brain, this is a must-read book. It will open your mind to new possibilities on how to deal with 'traffic jams in the brain'."

- Alvaro Fernandez, CEO & Co-Founder, SharpBrains

"The Woman Who Changed Her Brain grabbed me by the lapels and shook me" - *Actionable Books*

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