

**Chris Heeter Guest Speaker**  
**August 14 Capital High School Auditorium**  
**Secondary 9:00-10:30    Elementary 1:00-2:30**

**Who is she?**

Chris Heeter founded the [\*Wild Institute\*](#). It serves as the canvas for her speaking and team building programs. She talks about relationships and how to help ourselves and students be successful. She freely admits that much of what she's learned about humanity comes from dogs and rivers—from her team of 16 sled dogs, who she helped breed, raise, and train, to her decades of guiding whitewater canoe trips. Combined, they create the perfect backdrop for memorable, easy to apply and life-changing tools for all who hear her speak.

**So what is this about?**

Our world has changed, as has the needs of our students. We have more students who have experienced trauma and who struggle with anxiety and depression. Sometimes this results in challenging classroom behaviors, which can ultimately impede growth and success in the classroom. Chris' presentation will give us a unique perspective on our student relationships and how to help our students achieve personal and academic success. She will do this by showing us how to:

- “Highlight the strengths and skills of each individual in our schools, including our students.
- Strengthen our school teams through self-knowledge, compassionate presence, and courageous conversations.
- Improve communication through understanding and appreciating differences.
- Approach diversity with curiosity and humility, leading with our strengths and calling out the strengths of our students.
- Gain greater awareness of our own impact on students and fresh inspiration about the importance of believing in one another.
- Discover a different way to think about well-being—less about “shoulds” and more about doing our best right where we are.
- Learn how to re-group and re-ground ourselves in the moment.
- Find ways that well-being can be more attainable in daily life.”

Chris teaches these lessons by sharing her experiences in life and in particular with her team of sled dogs. She presents with passion and humor.

**When & Where?**

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**Please be seated in the Auditorium before the start time. Chris will begin speaking promptly at 9:00 & 1:00.**