

What participants are learning in ICT's COVID-19 Training:

“Many of the concepts learned today can be utilized with youth programming in the halls...especially having them think about the reasons behind their emotional responses to certain situations.”

“[I am] more knowledgeable about the spread of COVID, and [will] continue to be aware of how everyone is impacted differently...[as well as] the side effects like economic, financial, personal, etc.”

“Thank you, Jamie, for an excellent class. I love to learn something new every day.”

“Thank you for everything, Jamie. You give a great training.”

“My biggest takeaway from this training is learning that the function of the forebrain serves as a buffer or intermediate ‘layer’ that slows down the reaction of amygdala. The greater control we have over such functions leads to a more reasonable reaction to stressors.”

“I learned that Covid-19 has increased the time spent in hyper state and narrowed the window of [normal] tolerance.”

“A ton of takeaways from today’s training...one I will mention is Terry Cooper’s components when making/planning/implementing a decision.”

“During this training, I learned the size of ‘window of tolerance’ varies for each person depending on past trauma.”

“[I learned and believe] we need to be more culturally aware when asking certain groups to comply with Covid-19 requirements.”

“...When I took your class last year...I wanted to work on ME...I am so proud to announce that in the middle of a pandemic...[I lost] 70 pounds. For the first time in my life, I can run, and I LOVE it!

Just wanted you to know that your classes and your words make a huge impact!