

# DESCRIPTION OF PROGRAMS



**ARIC BOSTICK**

ATTACHMENT-INFORMED  
LEADERSHIP  
SPEAKER & TRAINER

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**PROGRAM DESIGNED FOR**

Parent Night/Workshop

**TARGET AUDIENCE:**

Parents, Mentors, and School Counselors

**PROGRAM LENGTH:** 60 min.

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## PROGRAM DESCRIPTION

The research on child development clearly demonstrates that one of the **very best predictors for how any child turns out** – *in terms of happiness, social and emotional development, leadership skills, meaningful relationships, and even academic and career success* is whether they developed security from **having at least one person who SHOWED UP for them.**

When we **SHOW UP** for our child, and they experience **reliable and consistent behavior and connection** from us, then our children are **free to learn and develop without having to use their attention or energy to survive.**

**SHOWING UP** means we become a *secure base and safe haven*, thus creating secure attachments with them. Their sense of security will optimize their sense of identity, the quality of their relationships, and their academic and career success, and it will help them to develop an integrated brain so they can handle life's inevitable difficult moments.

### Parents will learn how to:

- **SHOW UP** for their child and create a loving and secure relationship with them by implementing the **4 S's** into their parenting (Safe, Seen, Soothed, and Secure)
- Become a **secure base** and **safe haven** for their child so they can grow and develop and become their best self
- **Be an AWESOME parent (7 practical things you can do each day to SHOW UP for your child)**

### How to be an AWESOME Parent:

- A** I **Awaken** my child with love and kindness each morning
- W** I accept my child for **Who** they are
- E** I **Encourage** my child and praise them each day
- S** I am **Spontaneous** and fun
- O** I am **Optimistic** that my child will have a great life
- M** I **Model** success each day by living a happy and healthy life
- E** I **Empathize** with my child by listening to them and supporting them

## PROGRAM RESOURCES

### **Parent Support**

Circle of Security

<https://www.circleofsecurityinternational.com>

Hand in Hand Parenting

<https://www.handinhandparenting.org>

### **Books by Dr. Dan Siegel and Dr. Tina Payne-Bryson**

The Power of Showing Up

The Whole Brain Child

The Yes Brain

No Drama Discipline

Brainstorm: The Power and Purpose of the Teenage Brain

### **Books by other Experts**

*Untangled* – Dr. Lisa Damour

*Raising Girls* – Steve Biddulphs

*Raising Boys* – Steve Biddulphs

*Attachment Across the Lifecourse* – David Howe

*The Power of Attachment* – Diane Poole-Heller

## ABOUT ARIC BOSTICK

Over the past 23 years, Aric has been an Education and Corporate Speaker and Trainer. He has spoken to over half a million people at conferences, events, and school districts from coast to coast. His audiences include students, educators, principals, superintendents, and parents at School Districts and National, State, and Regional Education Conferences. He has also been an Employee Engagement Speaker for Corporations and Human Resources Conferences in the USA and Canada.



During the course of his education career, as a High School teacher and coach, Aric created and led a student leadership club and summer camps; he created online programs for students and educators; authored books, created curricula and developed online programs and trainings.

Building on a professional interest in leadership and relationships in the workplace, he has spent the last few years studying an attachment-informed approach to leadership, drawing on the work of some of the leading academics in this emerging area of leadership theory and practice.

### **Background**

Aric's 23 years in education and corporate leadership speaking and training can be seen as comprising three distinct phases:

**School teacher** (1998 to 2002) – During the first phase, starting in 1998, Aric learned what it was like to be a teacher and sports coach. During this time, he drew on his original teacher training, other specialist in-service training, and the support of more experienced educators and school leaders.

**National speaker** (2000 to present) – As a national speaker (*Aric's 'Fired Up'* program), he spoke to over half a million people (students, educators, HR Managers and corporate employees and executives) over an 18-year period. For this work, he drew on his own time in the classroom, an understanding of positive psychology (including CBT tools and techniques), and feedback from colleagues and clients. During this time, he became increasingly interested in the welfare of senior leaders in the corporate world and the welfare of school principals and superintendents in education, as well as the distinctive needs of educators in rural education settings.

**Leadership trainer** (2018 to present) – In 2018, Aric decided to combine his teaching and speaking experience with his interest in the welfare of education and corporate senior leaders, to create and start delivering a new range of training, based on the latest attachment and brain science (*Aric's Attachment-informed Leadership* program). Given his understanding of the distinctive needs of educational and corporate settings and their leaders (gained while working with them as a national speaker), he decided that he needed to strengthen the theoretical underpinning for his work. He did this by developing an understanding of modern attachment science (the quality and development of relationships over the life course), and interpersonal neurobiology (the neuroscience of attachment). During this time, he also started working with an attachment-informed leadership specialist.

## Client and Conference List

### National Education Conferences:

- Collaborative Conference for Student Achievement
- National Alternative Education Conference
- National Association Community Colleges Teacher Education Prep
- National Business Professionals of America Student Conference
- National Council for Community and Education Partnership Conference
- National Dropout Prevention Conference
- National Nutrition Conference

### State Education Conferences:

- Adolescent Symposium Conference
- Arizona State School Nutrition Conference
- Association of Texas Professional Educators
- California FFA State Conference
- California State School Nutrition Conference
- Fort Bend ISD Peer Assisted Leadership Conference
- Franklin Covey 'Leader in Me' event – Vicksburg, MS
- Georgia State Title 1 Conference
- Hawaii Teen Traffic Safety Conference
- Indiana State Student Council Conference
- Kentucky State School Nutrition Conference
- Maine School Nutrition Conference
- Montana State Title 1 Conference
- Northeast ISD Peer Assisted Leadership Conference
- Regional FCCLA Conferences held in Pennsylvania, Rhode Island, Arizona and Texas.
- Tennessee Head Start
- Texas Association of Secondary School Principals Conference
- Texas Career and Technical Education Conference
- Texas Essential Knowledge and Skills Conference
- Texas GEAR UP Conference
- Texas Higher Education Human Resources Association Conference
- Texas School Safety Center Conference
- Texas State FCCLA Conference
- Texas State Peer Assisted Leadership Conference
- Texas State School Nutrition Conference
- West Coast GEAR UP Conference
- West Virginia GEAR UP Conference
- West Virginia School State Nutrition Conference
- Wisconsin FFA State Conference

### Schools:

- Over 500 School Districts Nationwide
- Education Service Centers Nationwide

### Universities:

- Bacchus and Gamma Area 5
- Bacchus and Gamma Area 6
- Bacchus and Gamma Area 7
- Bacchus and Gamma National Conference
- Bloomsburg University
- California University of Pennsylvania
- Clarion University
- Colorado Collegiate Tobacco Prevention Initiative Spring Conference
- East Stroudsburg University
- Edinboro University
- Florida State University - Freshman Orientation Speaker for 22 nights

- Frostburg University
- Indiana University of Pennsylvania
- Kutztown University
- Lock Haven University
- Mansfield University
- Meeting of the Minds – Partners in Prevention Conference
- Millersville University
- Park University
- People to People Ambassador Student Leadership Program held at: Harvard, Stanford, UCLA, Johns Hopkins University and George Washington University with students from 60 countries
- Roger Williams University
- Shippensburg University
- Slippery Rock University
- Sonoma State University
- Stockton College
- Tarleton State University
- Texas State University
- University of Nevada Reno
- University of Pittsburgh at Bradford
- University of Texas
- Wells College
- Wesley College
- West Chester University
- Young Harris University

### Corporate Clients:

- Cellular Plus
- Cornerstone Credit Union
- Gold's Gym
- Houston Meeting Planners Association
- MedAmerica Billing Services
- Medical Management Association
- Meeting Planners International
- Mr. Rooter
- Practice Management Institute
- Society of Government Meeting Professionals
- South Florida Meeting Planners Association
- TransAmerica Investments & Insurance
- Travel Alberta Canada

### Human Resource Conferences:

- Alabama State Society of Human Resource Professionals
- Austin Human Resource Management Association
- Central Texas Human Resource Management Association
- Corpus Christi Human Resource Management Association
- Human Resource Southwest Conference
- North Texas SHRM
- Permian Basin SHRM
- South Texas HR Symposium
- Texas Association of Higher Education Human Resources

### Non-profit Clients:

- Child Care Associates
- Child Care Group
- Dallas Children's Medical
- Hospital
- Federal Bank Reserve of Chicago
- Pineland Behavioral and Developmental Disabilities
- United States Equal Employment Opportunity Commission – Fair Employment Practice Agencies – National Conference

## TESTIMONIALS

### Education Testimonials

*"At an elementary school, it seems impossible to engage a speaker that will be able to appeal to the wide range of ages, inspire the faculty and staff, and have a message so powerful that kids encourage their parents to bring them back to school to hear him again in the evening.*

*However, that is exactly what happened when we spent a full day with Aric Bostick! The morning programs, the leadership workshops, and a family event, in the evening, left our students, staff and their families Fired Up! And ready to tackle this school year- and life- head on!"*

-Angela Kunkel, VP of Programs, Shafer PTA

*"In one word, Aric Bostick is: AWESOME. From his fast-talking, high-energy, get-you-moving, can't stop laughing antics to his real-life, personal, touching story about being "that kid," Aric Bostick is exactly who your school needs. Get ready to feel motivated, inspired and awesome."*

-Leslie Garza, Public Information Officer, Harlandale ISD

*"Aric's visit was truly inspirational for our students, staff, and parents. All of Aric's interactions with our community was genuine, energetic and just what we needed to spark the flame to FIRE US UP! Aric's words of encouragement are truly inspirational. His visit is one to remember!*

*Thank you to you and all of Aric's team. He is LEGENDARY, and I know his team is too!"*

-Lesley Austin, Principal, Maypearl Jr. High School

*"Aric's presentation was so fabulous that I am still hearing staff comment on what an impact his presentation had on them professionally and personally. Our staff members are actually holding each other accountable for their attitudes and behaviors. We have never had a speaker have such an impact on our staff."*

-Tammy Lemoine, Assistant Superintendent of Curriculum and Instruction and Special Programs, Center ISD

*"Aric's presentation is life-changing and inspiring!! He is one of a kind!! The energy that he gives is contagious!!"*

-Vicki Guillory, Assistant Principal, Tisinger Elementary

*"Aric Bostick is honest, speaks from the heart, and connects on all levels regarding education! After his presentation many of our participants were moved to tears because they recognized things that they needed to change in both their personal and professional lives. If you need to be reminded about why you chose education as your career or WHY education is so important to our workforce and communities then you must invite Aric to your school or community event."*

-Kimberly Tobey, Director, National Association of Community College Teacher Education Programs (NACCTEP)

*"Aric presented as a keynote speaker to over 1,000 staff members in East Aurora School District 131 for a special Institute Day focused on staff wellness—body, mind, and spirit. His presentation was simply electrifying! This was not only due to his high-spirited approach to "fire up" the staff, but also due to his comprehensive preparation before the event. He spent several hours listening to an overview of the state of the District and the needs of the staff and seamlessly wove those ideas into a presentation that was unforgettable. Throughout the day, the staff lined up to speak with him, have their books signed, and to hear his additional words of wisdom. The shared sentiment was that Aric was one of the best presenters they have ever seen!"*

-David Brusak, School Improvement Director, East Aurora School District 131

*"Because Aric has been in the education field, he can relate to the teacher working in the classroom day in and day out. He knows the struggles and the blessing that go with this profession and he gives the teachers inspiration and motivation to continue to do what they love, making a difference in a child's life."*

-Diana Ferguson, Executive Director, TIVA

*"Aric became an instant hit with our child care teachers and staff. He as them "Fired Up" to greet our incoming preschoolers for the new school year. His presentation was lively, interactive and inspiring. Many staff stated that he changed their perspective and outlook on life."*

-Bob Duke, Child Care Associates - Interim President and CEO

*"Aric's genuine love for the educator community and his shared mission for what we all do comes across at every moment of his presentation. It's this passion more than anything that gets us all Fired Up!"*

-Johanna Hoyo, Gear Up Coordinator, Manor ISD Office of Federal Programs

*"Aric is so easy to work with! It was a very simple process to get Aric on our campus! I have never seen our employees so engaged with a speaker or with each other! Aric is what we needed!! We have heard from several employees who have said that Aric is the best guest speaker we have ever had!!" -Jenny Keener, HR Assistant, Western Nebraska Community College*