TRAINED TO TEACH. READY TO LEARN.™

Interactive Educator Training for Stress, Recovery & Learning Readiness

THE PURPOSE

Equip educators with practical, repeatable tools to understand how nervous system states affect attention, behavior, recovery, and learning—and help students become more ready to learn.

The Martone Protocol™ draws on more than 26 years of clinical experience and practical application, connecting nervous system regulation, structural alignment, and recovery with learning readiness.

International speaker Dr. Peter Martone brings these principles into education through interactive, hands-on training that helps educators recognize how stress can influence attention, behavior, emotional regulation, and learning.

Educators learn, practice, and demonstrate tools to recognize physiological stress patterns, support student readiness, and improve their own resilience throughout the school day.

The result: Educators who see students through a different lens, with actionable tools to support calmer classrooms, more engaged learners, and reduced burnout risk.

01	02	03
TRACK & REWIRE™	**ALIGN & RETRAIN™**	**OPTIMIZE RECOVERY™**
Manage Your State	**Manage Your Structure**	**Manage Your Readiness**
Track → Control → Rewire	Assess → Align → Retrain	Recognize → Optimize → Perform

THE TRAINING EXPERIENCE

Three practical skill sets. Experienced together. Applied in the classroom.

1. STRESS & LEARNING RESPONSE — Manage Your State

Recognize → Respond→ Adapt

- Recognize individual stress-response patterns and signs of physiological activation in both educators and students.
- Use heart-rate and body-rhythm awareness as immediate biofeedback to better understand nervous system state.
- Train on practical techniques to influence heart rate, regulate physiological state, and improve learning readiness.
- Use sensory input, including scent, as a learned cue paired with nervous system regulation techniques.
- Apply these tools to classroom situations such as student frustration, behavioral challenges, transitions, testing, and difficulty focusing.
- Repeat and reinforce the techniques that work best, helping educators and students develop reliable strategies to adapt to stress, regain focus, and improve learning readiness.

Practical competency: Can I recognize signs of heightened stress in myself and students, use a regulation technique, and choose a more effective classroom response?

2. POSTURE, MOVEMENT & LEARNING — Manage Your Structure

Assess → Align → Apply

- Evaluate postural and structural patterns in educators and students, identifying how they may influence physical function, attention, and learning readiness.
- Identify how everyday activities, including **smartphone use, screen time, and prolonged reading in hunched positions**, contribute to forward head posture (FHP) and inefficient postural patterns.
- Understand how **forward head posture may contribute to muscle tension, physical discomfort, and increased distraction**, potentially interfering with the brain's ability to sustain attention, process information, and engage effectively in learning.
- Learn how physical positioning can influence breathing mechanics, muscle tension, nervous system activation, and a student's ability to settle, focus, and learn.
- Practice quick alignment and postural resets that educators and students can use throughout the school day to reduce physical strain and support learning readiness.
- Use balance and retraining exercises to improve body awareness, upright postural control, and physical readiness for learning.

Practical competency: Can I identify positioning and movement patterns, demonstrate a simple reset, and recognize when a student may benefit from a movement break?

3. FIVE KEY FACTORS OF LEARNING READINESS — Manage Your Readiness

Recognize → Prioritize → Perform

Translate the 5 Core Elements of Recovery™ into practical habits for educators and students.

ATTENTION & RESPONSE CONTROL	**Regain Focus** Teach students to notice activation, pause, and return attention to the task at hand.
CIRCADIAN CYNCHRONIZATION	**Rest Before You Test** Equip educators with strategies to help students understand how their circadian rhythms influence alertness, focus, memory, and learning, and how to align daily routines with their biological clock to improve learning readiness and academic performance.
BODY CORE TEMPERATURE	**Build Sustainable Readiness** Teach educators how hydration, nutrition, movement, core body temperature, and recovery habits influence students' energy, concentration, memory, and ability to stay focused and ready to learn.
NERVOUS SYSTEM REGULATION	**Respond, Don't React** Practice breathing and sensory strategies to support a calmer physiological state.
STRUCTURAL ALIGNMENT	**Support Body Awareness** Use posture, balance, and movement resets to support comfort and engagement.

Practical competency: Can I identify and apply the five factors of learning readiness to support attention, regulation, recovery, and classroom participation?

THE OUTCOME

Educators better equipped to recognize stress responses, respond thoughtfully to student needs, and teach practical regulation and recovery skills that support learning readiness.

RECOGNIZE → APPLY → REASSESS → ADAPT
Their State. Their Structure. Their Readiness.

Designed to support educational priorities:

- Student attention & learning readiness
- Educator resilience & confidence
- Classroom engagement & emotional regulation
- Sustainable recovery & burnout prevention

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