

# Gifted & Distractible

Newsletter for the Twice Exceptional Community



WITH UNDERSTANDING COMES CALM, LLC

*Compassionate Guidance. Durable Strategies.*

*For the 2e Community.*

This issue of "Gifted & Distractible" is sponsored by:



[SENG](#), Supporting the Emotional Needs of the Gifted is a nonprofit network of people who guide gifted, talented, and twice-exceptional individuals to reach their

twice exceptional individuals to reach their goals intellectually, physically, emotionally, socially, and spiritually.

To sponsor an issue of "Gifted & Distractible," [fill out this form.](#)

What you'll find in *this* issue of "Gifted & Distractible"

**Julie's blog: How Using 'Three for All' Helps Twice Exceptional Parents, Teachers and Adults Transition Back** talks about strategies for HOW we handle the transitional scenarios we are all facing.

**FREE Membership** - Let's Talk 2e Community!  
[Join for FREE](#) and enjoy these benefits:

- Weekly email with member submitted questions and detailed answers;
- Weekly Parent Empowerment Group via zoom
- Access to Julie's webinar, "Cycle for Success: Parenting and Teaching Twice Exceptional Children"

### **Articles**

[When it Comes to Handwriting Practice Doesn't Always Make Perfect.](#)

[Running on Empty: A Perfectionist Meets a Pandemic.](#)

### **With Understanding Comes Calm Out and About**

- Bringing Social Emotional learning and practice to a Maryland Gifted and Talented Supervisor Meeting.
- Colorado Association for Gifted and Talented Conference
- Friday Happy Hour B.Y.O.G. - Bring Your Own Gratitude

### **Events**

Scroll down to see our listing of events for the gifted and 2e

community.

## JULIE'S BLOG



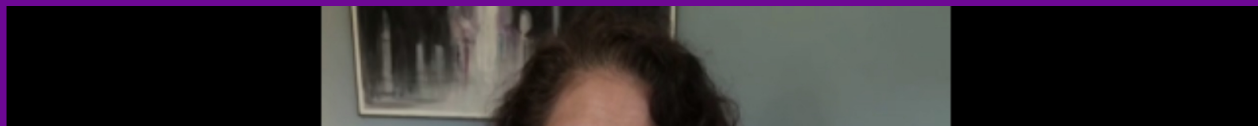
In [How Using 'Three for All' Helps twice Exceptional Parents, Teachers and Adults Transition Back](#), Julie shares perspective, mindset and a strategy for when it's time to transition back, no matter to what we are transitioning.

Join our [FREE #LetsTalk2e Community!](#)

Let's Talk 2e!

Word cloud terms: OES, outlier, ADHD, anxiety, perfectionism, social, bright, 2e, Brilliance, intensity, IQ, Dyslexia, gifted, perfectionism, intensity, ADD, 2e, Twice Exceptional, learning, difference, IQ, Trauma, emotional, OES, smart, Empathy, neurodiversity, autism, bright, 2e, Gifted, neurodiversity, 2e, ADHD, identity, existential, IQ, brilliance, ASD, Differential Learner, GTLD, 2e, Dyscalculia, outlier, neurodiverse.

Produced by [www.WithUnderstandingComesCalm.com](http://www.WithUnderstandingComesCalm.com)





What is this FREE Membership Opportunity?

Listen to Julie explain Member Benefits:

- \*\*Weekly Q/A email,
- \*\*Weekly Parent Empowerment Group,
- \*\*Access to Free Webinar full of strategies for home and school.

**JOIN.**

## ARTICLES

[When it Comes to Handwriting Practice Doesn't Always Make Perfect](#), provides strategies for helping our dysgraphic kids get their thoughts down on paper.

**ADDITUDE**  
Strategies and Support for ADHD & LD

**Psychology Today**

[Running on Empty: A Perfectionist Meets a Pandemic](#) talks about the perfectionist tendency to compartmentalize and push forward even during stressful and exhausting times.

# WITH UNDERSTANDING COMES CALM OUT IN THE COMMUNITY



On May 6 Julie will bring social emotional learning to the Maryland Gifted and Talented Supervisor Meeting and looks forward to supporting those who spend so much time supporting Maryland Teachers.



*Colorado Association  
for Gifted and Talented*



Julie is thrilled to KEYNOTE at the [Colorado Association for Gifted and Talented](#) conference October 19-20, 2020. There are many opportunities to hear Julie speak as she addresses the conference, leads a breakout session, and presents at family day. More information coming!

**Facebook Live**  
**"Happy Hour"**  
with  
**Julie Skolnick**  
Founder of



With Understanding Comes Calm



Join us on Fridays at  
1 pm EST to start your  
weekend with  
inspiration!



**B.Y.O.G.:**  
Bring Your Own Gratitude!

Join Julie on Fridays at 1:00 pm EST to start your weekend off with inspiration! Julie talks about gratitude, invites others to share and shares her gratitude posts from the week.


## What is With Understanding Comes Calm, LLC?

Our mission is: To **empower** parents, educators, professionals and adults to **bring out the best** and **raise self esteem** in their children, students, clients and themselves.

- **Guiding Families** Understanding, Durable Strategies, Implementation Plans and Advocacy
- **Mentoring Individuals** Connection, Fulfillment, Validation, Solutions
- **Collaborating with Educators and Clinicians** Collaboration, Training, Best Practices, Resolution.

Contact Founder and President, Julie Skolnick with any inquiries.

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FREE  
Consultation!

Schedule a FREE 20 minute phone consultation with Julie Skolnick, M.A., J.D. [Book your time here.](#)

## UPCOMING EVENTS

- May 6; Using Strength-Based Pedagogy to Engage and Challenge High Ability and Talented Students with Joe Renzulli and Sally Reis in conjunction with California Assn. for the Gifted, 8:00 pm EST, [Register](#).
- July 13-16; Int'l Conference on Life Long Education and Leadership for All, Sarjevo, Bosnia and Herzegovina <https://www.iclel.com/>
- July 20-21; Summit on the Neuroscience of Twice-Exceptionality, by the Belin-Blank Center, Iowa City. [More information](#).
- July 30-Aug 3; (APFG) Asia Pacific Conference on Giftedness, <http://www.apfggiftedness.org/>  
Daegu, Korea
- August 7-9; SENG (Supporting the Emotional Needs of the Gifted) Annual Conference, Minneapolis, MN, [More information](#).
- Sept. 9-12; ECHA Conference, European Council for High Ability, Porto, Portugal
- Oct. 24-26; International Congress on Gifted Young Scientists Education, Istanbul, Turkey

- Nov. 2-5; 2020 World Giftedness Center conference, Dubai EXPO Convention Center, UAE
- Nov. 5-8; NAGC Annual Conference, Disney Coronado Springs Resort, Florida. [More information](#).

### ONGOING EVENTS:

- Parent Empowerment Group for parents of Twice Exceptional Children, Thursdays 2:00-2:45 EST, part of the FREE #LetsTalk2e Community. [Learn more and Register](#).
- 2 Days of 2e Virtual Conference; Launch October 29-30. On-Demand 24/7. [Register](#).
- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#).

**POST YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE!"**

**EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR EVENT'S DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.**

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