



**Gifted & Distractible**

NEWSLETTER FOR THE TWICE-EXCEPTIONAL COMMUNITY

with Julie Skolnick

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*[With Understanding Comes Calm](#) serves ALL parents and teachers seeking guidance and support for their gifted and twice exceptional children and students.*



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

(Scroll down for detailed descriptions and links!)

**Julie's Blog** - [Neurodiverse Adults: The Things We Do For Love](#)

**Articles** - [Can We Adapt the Pomodoro Technique for My Teen with ADHD?](#)

- [Sensory Issues in Gifted Kids](#)

**2eResources.com** - THE listing directory of educational and professional resources for 2e families!


**With Understanding Comes Calm Out and About** - So many incredible events you DON'T WANT TO MISS!

**Events** - Scroll down to see our listing of events for the gifted and 2e community.

The [Let's Talk 2e Adult Conference](#) is now available on-demand - and we're offering our loyal readers a \$20 discount! [Grab your All Access Pass for ~~\\$167~~ \\$147 here](#) when you use the promo code **Gifted&Distractible**. (offer expires on 11/22)

## Julie's Blog





[Neurodiverse Adults: The Things We Do For Love:](#) Do you feel like you constantly put yourself in situations where you have to hide your true self or where you get triggered? Find out why gifted and 2e people are especially prone to this pattern - and how to break it - in this blog.

## Articles

### [Can We Adapt the Pomodoro Technique for My Teen with ADHD?](#)

I subscribe to 1. Using the Pomodoro method for productivity for kids and adults and 2. Starting with something of high interest or ease to 'grease the wheels.' So often educators and parents think starting with the hardest task is best to maintain focus, but truth be told - doing something you love helps you do the stuff you don't love as much.

[Read More.](#)

### [Sensory Issues in Gifted Kids](#)

What are sensory issues and what can we do to help our gifted and 2e loved ones regulate? Beth Houskamp, Ph.D and the Davidson Institute provide some answers and strategies in this article.

[Read More.](#)

## Looking for community?

**Parents**



**Teachers**



**Gifted & 2e Adults**







Join our Let's Talk 2e  
Parents Facebook  
Group

Join our Let's Talk 2e  
Teachers Facebook  
Group

Join our Let's Talk 2e  
Adults Facebook Group

**2eResources.com**



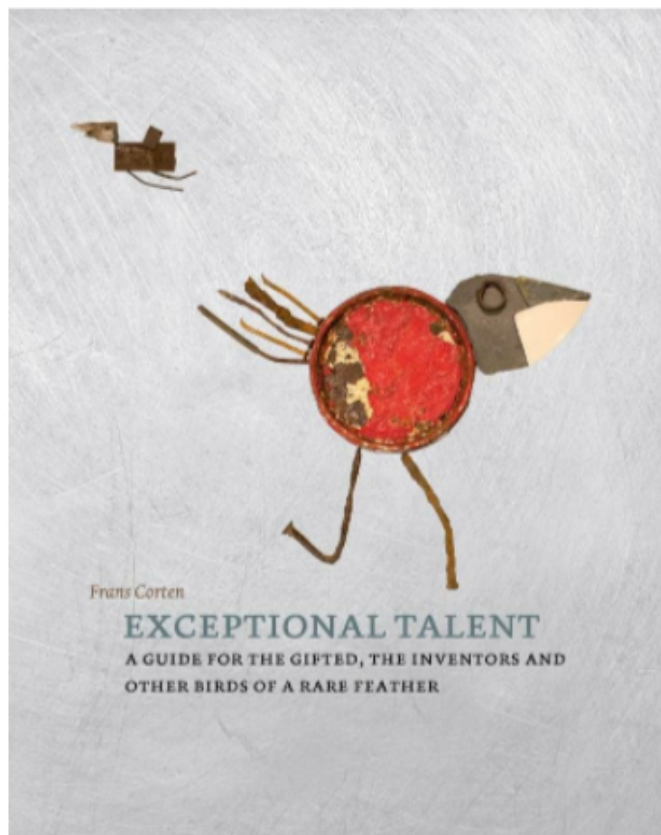
Looking for a school, service, or enrichment resource for your 2e child or student? Visit [2eResources.com](https://2eResources.com) to learn about and connect with **essential resources for the 2e Community.**

*2eResources.com is open 24/7 and is free to use! With over 50+ resources (and growing every week) we know you'll find what you're looking for.*

*List YOUR service or school at 2eResource.com*

**Contact Us!**

**2eResources.com would like to welcome:**



Using biographical insights, personal findings, and 20+ years of experience working with gifted individuals, Frans Corten's book "[Exceptional Talent](#)" aims to make it easier for gifted people to find their way in life and in work.

## As always, a big "Thank You!" to our Gold Level 2e Resources Partners!

[2eNews](#) - [ADDiva](#) - [Athena Academy](#) - [Bridges Academy](#) - [Bridges Education Group](#) - [Bridges 2e Center](#) - [Bridges Grad School](#) - [Davidson Institute](#) - [Exceptional Talent](#) - [Fitness for Health](#) - [Genius Coaching](#) - [GHF Learners](#) - [Gifted Unlimited](#) - [Nature Matters Academy](#) - [Renzulli Learning](#)

**With Understanding Comes Calm - Out & About**  
Here's where you can find Julie Speaking...

**December 10th @ 12 noon EST:**  
**SENG Regional Conference**

In this presentation, Julie addresses the what, why, and how of



Executive Functioning utilizing strength-based strategies for the classroom and home.



More details will be shared to [SENG's site](#) later this month - stay tuned!



### January 21st: GHF Expert Series for Educators

Learn how to accept and embrace your neurodiversity in a neurotypical world in my upcoming presentation for Gifted Homeschoolers Forum.

[Register here to watch the webcast live on Nov. 17th.](#)

## Events

### ON-DEMAND EVENTS

#### **Let's Talk 2e Conferences:**

**For Adults:** [Register Now](#) for inspiration and support and to build self-awareness, personal fulfillment, and professional fulfillment. Use the code **Gifted&Distractable** to get \$20 off! (offer expires 11/22)

**For Educators:** [Register Now](#) for tools to understand and effectively address your 2e students' strengths and struggles.

**For Parents:** [Register Now](#) and gain strategies for parenting your 2e child.

### UPCOMING EVENTS

**November 16-19:** [OCALICON Autism & Disabilities Conference](#)



**November 17:** [Crucial Conversations with guest Julie Skolnick](#)

**November 19-21:** [Learning & the Brain: Calming Anxious Brains](#)

**December 1-3:** [TAGT GiftED 2021](#)

**December 5-7:** [Indiana Association for the Gifted Conference](#)

**December 9-12:** [Innovative Schools Summit](#)

***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.***

## **Looking for one-on-one guidance and support?**

Schedule your **FREE** 20-minute consultation with Julie at  
[JulieSkolnick.YouCanBook.Me](https://JulieSkolnick.YouCanBook.Me)

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