# Presentation Menu

LaRaesha Kugel has years of experience presenting to audiences of all sizes – from packed rooms at national conferences, to more intimate settings of small teams, she will ensure each person leaves with passion. When you invest in A Spectrum of Support, your attendees will leave your event with a new found perspective on how to support all individuals, especially those on the Autism Spectrum. LaRaesha will engage your crowd with laughter, perspective and ideas for supporting individuals the next day.

#### Keynote

(minimum 45 minutes)

#### My Spectrum of Support

In this keynote, LaRaesha Kugel will highlight her journey as an educator and a mom of a child on the Autism Spectrum. Her unique perspective has directly impacted how she supports her son and teachers that she supports as an instructional coach. Focusing on tiered supports, LaRaesha will introduce creative strategies she has utilized both at home and in classrooms.

Adjustments per target audience will be made:

- Mixed Audience of Parents and Educators
- Audience of Primarily Parents
- Audience of Primarily Educators

#### **Breakout Topics**

(45-60 minutes)

#### The Role of 'That Mom'

As an educator, I identified them; as a mom, I feared becoming them. As an advocate I embrace the reality that sometimes I need to be one. Join LaRaesha as she walks through the hard role of advocate, and the important balance she creates to ensure that she trusts and respects all in the process.

# <u>Coming to Your Senses</u>

Did you know every human has 8 senses? Most don't! In this breakout session, participants will understand the basics of the 8 senses, and begin to better understand each sense through becoming aware of how they are impacted by them.

# <u>Embracing the Awkward</u>

Living in a neuro-typical world has led me to fear and avoid awkwardness, raising an autistic son has taught me that life is easier, and honestly, more FUN if you just embrace the awkward! In this breakout, learn about how I overcame this social norm, and learned to create space for awkward

# Supporting Their Senses

Did you know every human has 8 senses? Most don't! In this breakout session, participants will understand the basics of the 8 senses, and will learn basic and affordable (some are even FREE) ways they can support sensory needs in the classroom and home.

### The Good, The Bad, & The Funny

Life would be too hard if we didn't embrace every win, loss, and moment to laugh at ourselves. In this breakout, I will share the most impactful moments in my journey and how it helped me learn and grow.

#### Help/Hurt ful

Even with the best of intentions, there are moments when others try to help, and it hurts - and vice versa - when they fear action might hurt, when it could actually help. In this breakout, I will share my unique perspective on helpful and hurtful moments in my journey.



# LaRaesha Kugel

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