



## Gifted & Distractable

NEWSLETTER FOR THE TWICE-EXCEPTIONAL COMMUNITY

with Julie Stobnick

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

## LET'S TALK 2E ADULT CONFERENCE



What makes YOU tick?



Quality of Life



Autism Strengths



Self Discovery



Rebuilding Confidence



Loneliness



Hierarchy of Needs



Anxiety



Intimacy



ADHD



Relational Trauma



Adult Evaluations



Aging & Self Care



LGBTQIA+



Narcissism



Burnout & Bore-out

**Launches on Nov. 1 @ 12 pm EST & remains on-demand!**

**Register FREE or unlock your All Access Pass for \$127 at [bit.ly/LT2eAdultConf](https://bit.ly/LT2eAdultConf)**

Ready to (finally) make friends with your gifted/2e adult self? [Join us for FREE on November 1 at the FIRST EVER Conference for Gifted and 2e Adults.](#) With the help of 16 experts, you'll learn how to rebuild your confidence, identify your strengths, mitigate your challenges, and craft a more fulfilling life.

[Register FREE or unlock your All Access Pass for \\$127 here.](#)

To sponsor an issue of *Gifted & Distractable*, Fill out [this form](#).

*[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** - [Applying Self Determination Theory to Gain Motivation for Gifted and Twice Exceptional People](#)

**Articles** - Middle school dancer earns "gifted and talented" status  
- [Corporate Boredom is Real \(especially for gifted / 2e adults\)](#)

[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](#) arrives November 1st! [Are you one of the 2600+ Gifted/2e Adults who have already registered?](#)

## Julie's Blog



Applying Self Determination Theory to Gain Motivation for Gifted and Twice Exceptional People: While self-determination theory was not developed with gifted or 2e people in mind, it is an excellent way to deconstruct what motivates us and therefore helps orient gifted and 2e brains toward what they need (and what gets in the way) of feeling motivated.

Check out this blog to learn more about what self-determination theory is and how you can use it to build self-awareness, advocate for yourself, and create better personal connections!

## Articles

### Middle school dancer earns "gifted and talented" status

A person can be gifted in one or more areas - academically, artistically, even socially/charismatically, but most schools do not formally recognize these other forms of giftedness.

Read this article to learn about a gifted dancer in Colorado who worked hard to get a state gifted designation for her dance abilities:

[Read More.](#)

### Corporate Boredom is Real

For gifted and 2e adults, being bored at work can feel even more draining and disheartening than burnout. Learn how to find opportunities in your current role to obliterate that boredom and do more of what lights you up in this excellent article:

[Read More.](#)

## 2eResources.com



Looking for a school, service, or enrichment resource for your 2e child or student? Visit [2eResources.com](https://www.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:**



[InterGifted](#) helps gifted adults understand their giftedness, find support, and build community. [Learn more about their gifted-specific coaching, mentoring, peer groups and workshops here.](#)



GHF Learners is a supportive community for gifted and 2e learners with the mission to empower every gifted family to make strategic, proactive, and intentional educational choices. [Learn more about their free gifted/2e hub, forum, and DIY Education program here!](#)

**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](#) - [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...

## October 20th: TADD Talk

My ADHD Hero's Journey. Hear Julie talk about her journey, how she began With Understanding Comes Calm and supported her 2e children along the way:

<https://add.org/taddtalks2021/>



## October 27th: The G Word's Gifted, Talented & Neurodiverse Awareness Week

Join the G Word Team for their inaugural Gifted, Talented & Neurodiverse Awareness Week! Julie's conversation on **Wednesday, Oct. 27th** is about Gifted Adults.

[Register for the G/T/N Awareness Week for free here.](#)

## November 4th: 2021 Virtual International Conference on ADHD

Join Julie at 3:45 ET for my presentation "**Gifted & ADHD - What it means and what to do for**



## 2e children & students!"

[Learn more and register for the conference here.](#)



A blue and white poster for a webcast. At the top is a computer monitor with a headset icon. Below it, text reads: 'Bridges 2e Media and the 2e Center for Research and Professional Development present... CRUCIAL CONVERSATIONS ABOUT COGNITIVE DIVERSITY A monthly webcast featuring the top minds in gifted and 2e education'. The main title is 'A STRENGTH-BASED APPROACH TO PARENTING, ADULTING, AND BEING 2e'. It lists 'Maria Kennedy hosts Julie Skolnick' and the date 'November 17th' with times '1PM PT | 4PM ET'. At the bottom, it says 'Register at 2ecenter.org/crucial-conversations-webcast' with a green arrow pointing to the URL. Two small photos of women are on the right side.

### November 17th: Crucial Conversations Webcast

On the next episode of the Crucial Conversations Webcast Maria and I will discuss "A Strengths-Based Approach to Parenting, Adulting, and Being 2e."

[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.

**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

**October 15-16:** [Michigan Association for Gifted Children Conference](#)

**October 15:** [2021 MEGS Conference](#)

**October 17-19:** [Ohio Association for Gifted Children Conference](#)

**October 17-19:** [Iowa Talented and Gifted Association Conference](#)

**October 22-23:** [New Mexico Association for the Gifted Fall Institute](#)

**October 25-29:** [The G Word's Gifted, Talented & Neurodiverse Awareness Week](#)

**November 1:** [Let's Talk 2e Adult Conference Launches: Free Day](#)

**November 4-5:** [Pennsylvania Association for Gifted Education Conference](#)

**November 4-6:** [2021 Virtual International Conference on ADHD](#)

**November 4-6:** [AET Advocacy in Education Conference](#)

**November 11-14:** [NAGC Annual Convention](#)

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

***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](http://JulieSkolnick.YouCanBook.Me)

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