

Jenny Hecht

I Am Because We Are: Cultivating Personal and Social Competency

The development of self-awareness, confidence, and resilience in gifted youth can be complicated by their sensitivities. Many identify the value placed on conformity within their peer groups, leading them to subdue or even hide elements of themselves believed to be socially undesirable. This presents a significant barrier to authentic identity formation and positive social connections. This workshop will explore how to support youth in developing and strengthening these affective competencies and why this is essential.

Wednesday, January 25, 7:00 PM

**Peak to Peak Charter School
800 Merlin Drive, Lafayette**

Reserve Your FREE Seat Today at BVGT.org

**Educators:
Earn Instructional
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My Passport.**

Details at registration.



About the Presenter

Jenny Hecht is a local Licensed Clinical Social Worker who specializes in the area of gifted children, among others. She has a passion for supporting the specific social-emotional needs of gifted individuals, particularly the existential dilemma so many face beginning at a very young age. She is also a certified yoga instructor.

Thank you to Peak to Peak Charter School for hosting this event!

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Your \$40 annual membership helps strengthen our efforts and makes a difference in the lives of gifted individuals in Boulder Valley. Members also get additional benefits such as reserved seating at select programs, membership in CAGT (Colorado Association of Gifted and Talented), email newsletters and access to the BVGT Lending Library. **JOIN TODAY AT BVGT.org!**