



Erin Walsh, Spark & Stitch Institute

Sparkandstitchinstitute.com/speaking

The Science of Motivation

The internet is full of tips on staying productive and motivating students through stress and changing routines. But in reality, productivity and high motivation can be hard to find in challenging times. This workshop unpacks the science of motivation and delivers practical insights on how to nurture it in kids—not just to get more done, but to support their mental health and well-being.

The Many Faces of Stress: Responding to Student Behavior With the Brain in Mind

Students today face a long and varied list of stressors. The challenge? Children and teens often express stress through difficult behaviors, making it hard to know how to respond. In this engaging and interactive workshop, Erin Walsh unpacks how stress shows up in students—and how educators can respond in ways that build resilience and confidence rather than erode it. Walk away with warm insight and practical strategies to navigate challenges and strengthen educator-student relationships connection when it matters most.

iBrain: Learning in an Age of Distractions

Attention is one of our most precious and valuable resources. In this workshop, Erin Walsh unpacks the brain science of attention, memory, and multitasking in today's digitally connected world. Explore the distraction economy, understand the seeking brain, and gain practical strategies for helping students build focus as they navigate homework, YouTube, texting, and social interactions.

It's Complicated: Students, Screens, and Mental Health

In this interactive and energizing talk, Erin Walsh cuts through the noise with a refreshing blend of brain science, relatable storytelling, and humor. Discover what truly matters when it comes to technology and teens, especially around top concerns like anxiety, depression, overuse, body image, and attention. Learn how to transform your relationship with teens around screens—not just to help them navigate online risks but to foster digital well-being.

Is There An App For That? Developmentally Appropriate Uses of Technology in Early Childhood

Educators are tired of conflicting advice—some companies promise that media can boost children's intelligence, while experts urge adults to limit screen time. In this engaging talk, Erin Walsh uses science, stories, and humor to cut through the confusion about screen time in early childhood. Discover practical strategies to support healthy development in the classroom and frameworks for supporting families at home.