



Wellness Wednesday Workshop

June 30th Presenter Bios



Sandy Avzaradel **M.S. Ed.**

Sandy is the Director of Early Childhood OC, an organization which promotes Orange County's Early Childhood Policy Framework, champions an increase in funding to early childhood programs and services, and supports initiatives which cultivate resilient families, ensure quality early learning and promote comprehensive health and development. In addition, Sandy designed and implemented the Early Childhood Mental Health and Wellness Program, a county-wide program where Early Childhood Mental Health Consultants work alongside preschool professionals to support social and emotional development and effectively work with children with challenging behaviors and/or mental health concerns. As a part-time adjunct faculty member at California State University, Fullerton in the Child and Adolescent Studies Department, Sandy enjoys sharing her early childhood passion and expertise with future educators. Sandy has provided numerous local, state, and national presentations with a focus on social/emotional development, mental health and challenging behavior, school readiness, child development, special education, parent education, and Positive Behavior Interventions and Support (PBIS) for early childhood. Sandy is a former Board Member for Families Forward and currently serves on the Board of Directors for Orange County Association for the Education of Young Children. When not advocating for early childhood, Sandy enjoys spending time with her husband, two young adult children, and her dogs!

Brett Patterson, Ph.D. **Behavioral Doctor**

Brett is owner of the clinical practice Progressive Interventions and founder of the Behavior Compass Academy, an online behavior education resource for parents and caregivers. He has been providing behavior education for parents and educators (online and in-person trainings), behavior support coaching, and therapy-based interventions for families, adolescents and adults throughout Southern California since 2002. Much of his Orange County-based work during this time has been in association with CHOC Children's (through 2018) and UC-Irvine (currently Volunteer Clinical Faculty).

Brett also routinely serves as an organizational consultant, developing prevention/early intervention programs and providing behavior support trainings with professionals in both the commercial and non-profit sectors. Over the years he has provided more than 200 training and speaking engagements at local, state and national levels. When he is not developing or delivering positive behavior support services, Brett is at home trying to "practice what he preaches" with his daughter and wife.

Renata Ururahy **Dietitian and Holistic Therapist**

Renata is passionate about holding the most loving and powerful space for her client's healing and transformation through their physical, psychological, emotional, and spiritual liberation journeys.

Through an intuitive process, she listens to her client's bodies to uncover the "story" behind their symptoms." This way, she can facilitate shifts at the causal level - the multifaceted root factors of pain and suffering, and unlock the body's potential for health and well-being.

Using powerful energy healing techniques (including BodyTalk, BodyIntuitive, and Reiki), principles of Eastern and Western medicine, and her background as a dietitian and yoga teacher, she facilitates the release of what is blocking the healing systems of one's body so that her clients can experience true health, clarity, peace, and joy.

Through her private & group sessions, yoga classes, mindfulness workshops, meditations, and ceremonies, she guides her clients deep into themselves, so they can reconnect to their true essence, unlock energetic blocks, and feel empowered to create their best life - being the very best version of themselves.