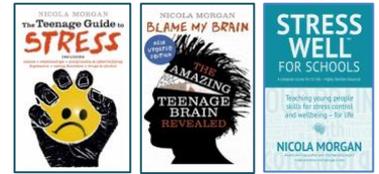
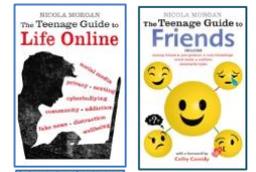


# Supporting Nicola Morgan's talk



I have much more to say than I ever have time for during my talks! This sheet directs you to more information on whichever topic interests you.

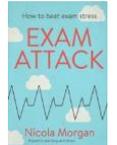
My talks and books are based on the most robust science available. I keep up to date with research and interpret it cautiously, using extensive knowledge of psychology and neuroscience. My website helps you investigate further.



## ALL handouts for delegates to GESS Dubai – on a special page for you

Go to my website ([www.nicolamorgan.com](http://www.nicolamorgan.com)) and scroll down to “My latest news”. There you will see the item from Feb 25<sup>th</sup> 2019, where you will find:

- All my **handouts** collected for you to download and use. These handouts contain strategies, tips and references to research.
- A link to my **Slideshare page** where you can access all my GESS Powerpoints *after* each talk. I don't keep them up longer than a few weeks so download before I delete!



## More resources

On [www.nicolamorgan.com](http://www.nicolamorgan.com) → Resources, you'll find resources for each of my areas of expertise. If original research isn't publicly accessible, I link to reports on reliable platforms. I have read many more but these are good starting points.

- Look out for the **free teaching notes** and other support materials for Positively Teenage and The Teenage Guide to Life Online. These are available on my website pages for those books.
- Also see the **Life Online Parent Pack**. You'll find it in **Resources** → **Core Resource Life Online**.
- **For wellbeing tips for teenagers AND adults** (because we all need good wellbeing) see my series, **52 Ways to Wellbeing**, perfect for school assemblies. On my website, put “52 ways” into the search box.

## MY BOOKS and CLASSROOM MATERIALS

**Blame My Brain**, **The Teenage Guide to Stress**, **The Teenage Guide to Friends**, **The Teenage Guide to Life Online** and **Positively Teenage** are *for* teenagers but also perfect for adults. **Exam Attack** is a short, reassuring ebook. Next comes **Body Brilliant**, tackling the vital topic of body image. I've also written many award-winning teenage novels.

I **created classroom materials**, **Brain Sticks** and **Stress Well for Schools**, and a school licence for **Exam Attack**. I do talks, keynote lectures and seminars around the world, for schools, conferences and other organisations, on anything relating to adolescence, wellbeing, stress, life online and the science of reading, “readaxation” and reading for pleasure. Do contact me.

**For information and contact: [www.nicolamorgan.com](http://www.nicolamorgan.com)**