



THE LEARNING FRAMEWORK®

Finally, a unifying system for everyone who supports a learner

Simple enough for a student, sophisticated enough for a specialist.

The Learning Framework® is a model of the five conditions every brain needs in order to learn, built on the neuroscience of how learning happens. When everyone around a learner shares it, they can see which condition for learning is not being met and respond together.

Meet Dr. Stephanie Helfand

Dr. Stephanie Helfand is the Founder and Creator of **The Learning Framework®**. She has spent more than 20 years in diverse school communities on Chicago's North Shore as a special educator, a classroom teacher, an instructional coach, and a principal. In every role, she saw the same common struggles, and they all went back to the brain.

As the mother of two neurodivergent children, she has also sat in meetings where teachers, specialists, outside providers, and pediatricians each cared and each described the same child in different terms. She built the framework from the peer-reviewed neuroscience of learning and from that practice, so the educator, the specialist, the parent, and the learner can all work from one shared understanding.

QUICK FACTS

- Doctorate in education
- More than 20 years as a special educator, classroom teacher, instructional coach, and principal
- Mother of two neurodivergent children
- Founder and Creator of The Learning Framework®
- Based in Chicago, Illinois, and glad to travel

THE FIVE CONDITIONS

How I Function, **How I Learn**, **How I Manage**, **How I Feel**, and **What I Do**





WORK WITH DR. STEPHANIE HELFAND

Professional learning for everyone around a learner

Every partnership starts with The Five Conditions for Learning, and each session is built around the people who will be in the room. The 2026 to 2027 school year is fully booked; booking is open for summer 2027 and the 2027 to 2028 school year.

WHO IT IS FOR	WHAT SHE OFFERS	FORMAT
Schools and districts	A year-long partnership that brings in educators, leaders, families, learners, and specialists in the same school year	Keynote, full days, workshops, coaching, return visits
Schools and districts	The Five Conditions for Learning, and Managing Your Executive Functions	Full day each, or a small-group cohort
School and district leaders	Leadership coaching to align MTSS, intervention planning, and student problem-solving with the neuroscience of learning	Scheduled with your team
Specialists, coaches, and practices	Learn the framework, a consultation for your practice, and sessions for the families you serve	Cohort, one-on-one, or evening sessions
Families	An evening talk, the Caregiver Series (5 evenings), and the Developmental Progressions Series	In person or virtual
Learners	How your brain learns (student sessions) and 1:1 executive function coaching	Scoped to age and setting
Conferences and events	A keynote on any topic in the neuroscience of learning, such as executive function, attention, motivation, remembering, or emotions and learning	Tailored to your audience

LIVE ONLINE · 2 HOURS

The Five Conditions for Learning, live online

A learning simulation and the five conditions every brain needs in order to learn.

Saturday, November 7 or 14, 9 to 11 a.m. Central · \$149, or \$119 each for teams of 3 or more

TheLearningFramework.org/online

CHICAGO · 4 DAYS · SUMMER 2027

CREATE the Conditions for Learning

The five conditions, how to CREATE them, and what to expect from the brain at every age from birth to 26.

July or August 2027 · includes a 1-year membership to TheLearningFramework.org

TheLearningFramework.org/institute

Start the conversation

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