

## Ohio Early Childhood Conference | April 25-27 | Sandusky, OH

### Thursday April 23<sup>rd</sup> – Educator Self Care Sessions

10:45 AM - 11:45 AM

#### **Power and Excellence through Resilience**

Deshauna has made it her life goal to encourage, inspire, and strengthen the people around her! She will inspire you never to lose sight of the impact you have on the children in your care. Discover the influence one teacher had on her ability to develop resiliency strategies, tenacity, and to never give up while reaching for her goals. You will leave empowered to focus on developing your resilience to achieve balance in your professional and personal life.

1:00 PM – 2:30 PM

#### **Self-Care for Teachers: Techniques for Becoming the Best Version of Yourself**

The Devereux Center for Resilient Children studies resiliency and protective factors in both young children and adults. This training looks at protective factors for teachers to help prepare them for stressful situations and anything that comes their way. Setting the foundations for good self-care can prevent teachers from experiencing burnout. The work that teachers do is very important and life changing but without taking proper care of themselves it can be draining and lead to stress. To take good care of others one must first take care of themselves.

#### **The Elephant in the Room: Trauma in the Workplace**

Whether from tragic life events, trying to survive on a next-to-nothing salary, or compassion fatigue many early childhood educators are silently suffering from trauma. It doesn't have to be this way! This session equips participants with the tools to identify trauma in adults and create "trauma-informed workplaces", resulting in lower staff turnover and greater job satisfaction.

3:00 PM – 4:30 PM

#### **Peak Professionalism and Peace Only a TAP Away!**

Ok, so you're probably wondering what these things have to do with each other. Researchers have discovered that how you show up at work, home or in life has much to do with your unconscious stressors and that these stressors, not only cause physical ailments, but they also hinder your performance at work. In this session you will learn Emotional Freedom Technique (Tapping) which will uncover unconscious stressors that create our personal biases and societal stereotypes that may adversely impact engagement with staff, children and families. Once stressors are identified you will further use Tapping to lower your stress and rewire your brain and body to not be triggered again by these issues.

## **Friday April 24<sup>th</sup> – Educator Self Care Sessions**

7:00 AM - 7:45 AM

### **YOGA**

Start your day with a gentle and adaptive morning yoga class. Class will begin with a brief meditative breath series, designed to awaken your senses and bring peace to your spirit. A series of poses will be practiced, designed for everybody, no matter where you are in your yoga practice. The poses practiced will be meant to awaken and stretch your body, readying yourself for the day. Yoga mats encouraged.

NOT FOR CREDIT

8:30 AM - 10:00 AM

### **Finding Your Happy Place in and Out of the Classroom: Healthier for You and the Families and Children You Serve**

Do you ever feel like you are stressed out just holding on to get through the day? We might have some great ideas to help you hold on. Come learn how to identify the physical and emotional reactions that children, families, and teachers display when they are on stress overload. Stress not handled well can have negative effects but stressed identified and minimized can energize your day.

10:45 AM - 11:45 AM

### **Personal Climate and Culture: The Key to Professional Success**

Being an educator comes with a unique set of challenges- challenges that can be overwhelming at times. Gerry Brooks has a special way of humorously describing life inside his elementary school that is both therapeutic and enjoyable to literally hundreds of thousands of teachers and principals alike. It is vital for educators to be able to laugh (at themselves) on a very regular basis. Gerry highlights the importance of culture in creating a positive work environment, leading to improved outcomes for children.

3:00 PM – 4:30 PM

### **Conflict Resolution: It's not Personal It's Personality**

Many times we believe that conflict is personal, but it is really a personality clash. By using the DISC Profile, we will identify and build on individual strengths and explore ways to improve communication skills.

5:00 PM – 5:45 PM

### **Circuit Training**

Join in for a cardio and strength circuit class designed for anybody! This 45-minute class will begin with a dynamic warm-up, then flow into a series of bodyweight exercises that will give you a full-body workout, ending in a static stretch cool-down. You will need an exercise/yoga mat, a water bottle, and the willingness to work your muscles!

## Saturday April 25<sup>th</sup> – Educator Self Care Sessions

7:00 AM - 7:45 AM

### YOGA

Start your day with a gentle and adaptive morning yoga class. Class will begin with a brief meditative breath series, designed to awaken your senses and bring peace to your spirit. A series of poses will be practiced, designed for everybody, no matter where you are in your yoga practice. The poses practiced will be meant to awaken and stretch your body, readying yourself for the day. Yoga mats encouraged. NOT FOR CREDIT

8:30 AM - 10:00 AM

### Brains! Hearts! Porridge! (Still Teaching in the 'Key of Life')

Total participation, active, interactive celebration of accessible, practical, successful ways young children BEST learn- through music, movement, story, play, and joy! Reduce stress over academic standards by reaffirming your belief in how the arts, fun, DAP connect to all meaningful learning. Reclaim the creativity, spontaneity, and delight of teaching and loving children. "Before I teach others, I must teach myself." This session is for YOU to enjoy! "The lesson that is not enjoyed is not learned." (Talmud)

### Laugh the Stress Away

How stressed are you? This session will explore various techniques to reduce and manage stress including laughter.

### Zen & the Art of Early Childhood Education

Many of us think of “early childhood” as more than a stage of development or a career choice. Join Richard as he shares his story and elicits the stories of session participants. Laugh, cry and cheer as we reflect together on why we choose play, why we choose anti-bias work and why we choose to give young children meaningful learning experiences. What does it mean to place ourselves in positions of service? How do we balance our humanity and our professionalism in an ever-changing world? How are we community builders? This session will provoke your thinking, engage your emotions and nourish your spirit!

10:45 AM - 11:45 AM

### The Power of Optimism

Optimism matters. An optimistic disposition enables us—through every day and extraordinary struggles—to look for the goodness in ourselves, in others, and in the world around us. For educators working with our most valuable resource, children and youth, optimism is a critical tool and a pathway to healing. This inspiring keynote helps educators discover the power of optimism to create safe, joyful, engaging environments where kids can grow, heal and learn. Using research, humor and personal stories from the Playmakers 25+ years of work with kids and their caregivers worldwide, Steve shares how optimistic individuals can bring out the best in all they serve.

1:00 PM – 2:30 PM

**Bouncing Back: How Resilient Are You?**

In this interactive session, you will learn the meaning of resilience, calculate your own resiliency score and understand why self-awareness is vital to your role as an early childhood educator! You will also explore five ways to nurture your resilience to improve yourself personally and professionally.

**Mindset Matters: How Mindset Impacts Our Work in Early Education**

This session will provide an overview of a fixed verses growth mindset and how our mindsets affect our work with children and families in early education. Participants will identify characteristics of their own mindsets, identify the differences between mindsets and learn new strategies for using a growth mindset in the early childhood program.

3:00 PM – 4:30 PM

**Bouncing Back: How do you Build Resilience?**

In this session, participants will learn why building resiliency in children is vital to their success! We will examine the 7 C's of Resilience (competence, confidence, connection, character, contribution, coping and control) and how to build intentional resiliency activities into your daily routines to positively impact children in your classroom. We will also discuss several read aloud books that promote resiliency.

**Early Childhood Professionals: Heroes of Our Time**

This powerful, fun, thought-provoking session includes music, opportunities for reflection, interactive discussions about the stresses and triumphs of the early childhood educator. Be ready for singing, poetry and (believe it or not) dancing in the aisles! Attendees leave cheering, energized and filled with honor for the unique contribution they are to society.

**The Elephant in the Room: Trauma in the Workplace**

Whether from tragic life events, trying to survive on a next-to-nothing salary, or compassion fatigue many early childhood educators are silently suffering from trauma. It doesn't have to be this way! This session equips participants with the tools to identify trauma in adults and create "trauma-informed workplaces", resulting in lower staff turnover and greater job satisfaction.