



Do you want to engage  
your team by offering a  
staff retreat or motivational  
team building day?

*If so, the ECCDC can help!*

The ECCDC has supported many organizations in planning engaging and innovative staff retreats. There are several options that may be selected which could include a motivational keynote presentation along with fun, interactive team-building activities. The keynote below is one example of a motivational session that may be offered. The following options are activities that have been offered at past retreats:

- picnic lunch
- drumming ceremony
- paint and art activities
- yoga

### Keynote Option:

#### Reflecting Upon Your Work in the Early Years and Re-igniting Your Passion

This presentation will inspire reflection and deep conversation to support educators in recognizing the valuable contributions they make, the importance of resiliency during times of significant change and strategies for considering how to include joy, enthusiasm, and fulfillment in our daily practice. The session will also include a fun, interactive quiz including prizes and an opportunity to create a self-reflective tool and as a go-forward plan for including self-reflection into our work as part of an ongoing motivational and mindfulness practice.

**For more information or to get a quote**, please contact Lorrey Ariel Bonilla at 905.646.7311 ext. 321 or [larial@eccdc.org](mailto:larial@eccdc.org).



Early Childhood Community Development Centre  
3340 Schmon Parkway | Thorold, ON | Canada L2V 4Y6  
T. 905.646.7311 F. 905.646.2692 [eccdc@eccdc.org](mailto:eccdc@eccdc.org) [www.eccdc.org](http://www.eccdc.org)