

Workplace Wellness Series

for Administrators
and Educators



Work-Life Balance - Dream or Reality? Strategies for Stress Management and Work-Life Balance

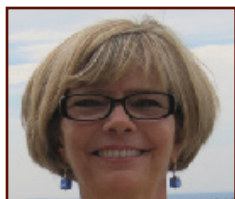
From morning to night, our days are filled with demands and competing commitments from work and our own personal life. Stuck between wanting to tend to all the demands and our own needs, our stress levels go through the roof, our health is jeopardized and our relationships strained. Work-life balance and stress management are important to our well-being but is this only a dream or is it possible to achieve? In this workshop for frontline educators, participants will explore the practice of attention management versus time management, the concept of energizers and de-energizers, self-care and self-compassion and how each of these practices can contribute to a renewed sense of control and well-being.

Objective

Through discussion and practical activities, provide participants with information and strategies they can implement in their own life to increase their well-being. Participants will leave with a customized action plan.

Thursday November 22, 2018 • 6:00 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$45 includes all session materials

To register, call 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org



About Elizabeth Skronski ~ Elizabeth holds a B.A. in clinical psychology from McGill University and also holds a certificate in Applied Mindfulness from the University of Toronto. She is a Certified Personal and Executive Developmental Coach. She is also a certified facilitator in Meditation, Transformative Mindfulness, the Five Tibetan Yogas, and is a facilitator of the 16 Guidelines, a framework to live a meaningful life, create inspiring workplaces, and engage employees.



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eccdc
early childhood community development centre

Facilitating a Culture of Mindfulness: Supporting Well-being and Stress Management

As a leader, one of your responsibilities is to shape the culture of your organization. It is now well researched and known that organizations that are committed to supporting their employees in a compassionate way and that embrace a culture of mindfulness are successful workplaces, where employees are less stressed, more productive, and actually enjoy their work more.

In this workshop for Executive Directors and Program Managers, participants will discover the qualities of mindful and compassionate organizations and how they can truly change the work experience for everyone. As role models, participants will also explore their own self compassion and stress management practices. They will be introduced to strategies to facilitate the development and support of a culture of mindfulness and compassion.

Objective

Through discussion, sharing and experiential activities, provide participants with an understanding of what is a positive culture based on compassion and mindfulness, the importance of it for the well-being of all stakeholders and strategies to facilitate and coach their staff to practice self compassion and stress management.

Thursday February 7, 2019 • 9:00 am to 12:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$55 includes a light lunch and all session materials

Please note the Executive Directors Network Meeting will take place immediately following this session from 1:00 to 2:30 pm. Please register separately for the ED Network meeting.

To register, call 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org