


**Preschool Network**

Agenda

- Welcome and Introductions
- Self-Compassion Pause
- Reflection on Article
- Journey
- Well-Being
- Brainstorming
- Questions and Connections
- Resources Available
- Next Steps



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**Welcome and Introductions**

- We invite participants to say good evening and share what they have been focusing on in their role.



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### Journey

- What has been your biggest accomplishment on your journey?
- What are you looking forward to next?



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### Well-Being

- How have you been supporting your own well-being?
- ECCDC Blog Post
- Review of Self-Compassion Worksheet
- Taking Care of You
- How could you use these tools to support your own reflective practices and resiliency?



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### Brainstorming

- Round Table Discussion for Brainstorming Challenges and Ideas



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### Questions and Connections

- Participants are encouraged to ask questions and make connections.



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### Resources Available

- [www.eccdc.org](http://www.eccdc.org)
- [www.zerotothree.org](http://www.zerotothree.org)
- [www.learn.redcross.ca](http://www.learn.redcross.ca)



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### Next Steps

- What would the network like for next steps?
- Follow up to today's network meeting



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