

Licensed Child Care Supervisor Network

Agenda

- Welcome and Introductions
- Self-Compassion Pause
- Reflection on Articles
- 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.



2



self
Compassion



3



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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?
- Review of the DERLS
- 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



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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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