

Owning Your Role as a Role Model



Join Lisa Clarke of Lala Wellness; Yoga and Mindfulness Programs for this new workshop. Early Childhood Education is a demanding field that can be easy for those working in it to lose themselves. Maintaining clarity and a sense of purpose are absolutely integral to an early childhood professional's health and well-being, as well as the health and well being of those they surround themselves with. Your responsibilities may be big, but your capacity to meet them is so much bigger. Through reflective and playful practices, you'll discover the traits that give you the energy you need to be the person you always wanted to be. You'll draw from the strength of the people that you've looked up to. And you'll learn to see yourself through the eyes of those who look up to you. In that light, you can achieve a grounded sense of self, rooted and confident as you own your role as a role model. Workshop participants will participate in reflective practices that can contribute to a confident sense of self and will use hindsight as a foundation for future goal setting.

Lisa Clarke is a Registered Yoga Teacher (RYT-200), Certified Children's and Family Yoga Teacher (CCYT) and Children's Book Author. She has been specializing in yoga and mindfulness for children and educators since 2015, and has developed laLa yoga and mindfulness programs to support the foundations in *How Does Learning Happen? Ontario's Pedagogy for the Early Years*. Lisa is a proud member of the Physical Literacy Champions Group in Peel, advocating for the understanding and development of physical literacy in the early years. Before becoming a yoga teacher, Lisa was the acting Supervisor of her family's child care centre Children's Choice Daycare in Brampton, Ontario. Her experiences within a child care setting, combined with her knowledge of physical literacy and mind-body practices has given laLa wellness a reputation for engaging, quality learning experiences for children and educators.

Registration Information

Tuesday January 21, 2020

6:30 to 8:30 pm

ECCDC Conference Room, 3340
Schmon Parkway, Thorold

Niagara Educators: \$45 includes
materials and nutrition break;
outside Niagara Educators: \$50

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

