

Supporting Educator Wellbeing During Times of Challenge

An Online Virtual Institute

Participants are welcome to register for each session individually or may purchase the **Educator Wellness Institute Pass** to attend all sessions. The cost of the full pass is \$45 for Niagara Educators or \$75 for Outside Niagara Educators. Please register by contacting the ECCDC at 905.646.7311 ext. 304 or eccdc@eccdc.org.

Experimenting with Mindfulness to Support Your Wellbeing

You've seen the word mindfulness everywhere lately, but what is it really about? This online workshop will share the principles of mindfulness, why and how it works, and the benefits when it is practiced. Some of the amazing health outcomes that occur are: blood pressure goes down, increased brain attention (no more brain fog), improved heart rate, lowered anxiety and depressive episodes and an overall calming of the body's stress response. You will be led through various practices to support mindfulness so that you can choose a practice that resonates with you. Dress comfortably and log on from a quiet and restful place that supports you to try out tools in a judgement free zone for greater mindfulness.



Janet Emmett is a certified Executive Coach, Positive Psychology Practitioner and Adult Educator. She will bring an informal learning style to this online space allowing everyone to experiment with some practices to see what might fit for them.

Thursday May 20, 2021 • 6:00 to 9:00 pm • Niagara Educators: \$10; outside Niagara Educators: \$25

Creating a Caring Culture: The Leadership Role

Join acclaimed author Barbara Kaiser for this new session!

Although the social climate of an environment is more or less invisible, if you look closely, you can see it — it is reflected in, and created by, the people in your child care, early years program or school. Larger than any one person's experience, the social climate tells everyone in the program which attitudes and behaviors are expected, accepted, and valued there, and influences how people act. A positive, caring, welcoming social climate facilitates belonging and learning and can actually prevent or decrease challenging behaviours.

Friday May 21, 2021 • 9:00 to 11:00 am • Niagara Educators: \$10; outside Niagara Educators: \$25

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early childhood community development centre

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Beyond Survival: The Importance of Resilience

Barbara is back with this second session!

We may not be able to control everything that is happening in our early years setting, but we can control how we respond. When challenging behaviour occurs, educators need to be powerfully present, emotionally responsive, and role models of healthy social and emotional behaviours. Personal resilience is the capacity to prevent, tolerate, overcome, and be enhanced by adverse events and experiences. Strengthening resilience allows us to moderate our feelings and behaviours; enables us to respond effectively to challenges, and encourages us to develop new skills. Rather than focusing on managing stress, focusing on fostering resilience can be more productive.



Barbara Kaiser is the coauthor of *Challenging Behavior in Young Children* and *Challenging Behavior in Elementary and Middle School*. In addition to presenting keynotes throughout the world, Barbara has acted as chief consultant for Facing the Challenge, for Mr. Rogers' Family Communications, Inc.

Tuesday May 25, 2021 • 6:30 to 8:30 pm • Niagara Educators: \$10; outside Niagara Educators: \$25

Live on Purpose with Purpose: Bringing Your Most Positive Self to Work

We all know that a positive attitude can change our personal lives for the better. But what about creating a positive attitude toward your work? Can you be the positive beacon in your workplace? Through Debbi's new workshop, leaders will learn how to change their own mindset toward their work and create a culture of enthusiasm, empowerment and contagious respect in the workplace. **Key messages:**

- Find out what is stealing your joy.
- Change your mindset so you feel less obligation and more enthusiasm.
- Gratitude for your life and your work can lead to "absolute safety".
- Build empowerment into your workplace.
- Grow an enriching culture of RESPECT in the workplace through Team Tools.

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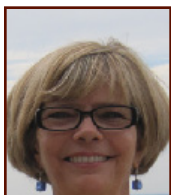


Debbi Sluys specializes in helping people elevate and improve their physical, mental and spiritual well-being. With nearly 30 years experience in early childhood development, Debbi has gathered a wealth of valuable knowledge about the power of mindset, visioning and success.

Thursday May 27, 2021 • 6:30 to 8:30 pm • Niagara Educators: \$10; outside Niagara Educators: \$25

Self-Care Strategies for Leaders: How a Practice of Self-Care Can Enhance a Leader's Performance and Impact Their Team

It is well known that leaders face constant demands every day; from budget issues to human resource issues, the list never ends. These demands create a huge amount of stress. In order for their teams to be successful, leaders must develop and integrate strategies of self-care. In this workshop, we will focus on the whole concept of self-care and leadership: how a practice of self-care can enhance a leader's performance and impact on their team. We will explore: The dangers of stress and the importance of self-care for leaders and the importance of focusing versus multi-tasking. Through discussion, participants will explore ways to integrate more self-care practices and will leave with a personalized plan.



About Elizabeth Skronski ~ Elizabeth holds a B.A. in clinical psychology and a certificate in Applied Mindfulness. She is a Certified Personal and Executive Developmental Coach and is a certified facilitator in Meditation, Transformative Mindfulness, and the Five Tibetan Yogas.

Friday May 28, 2021 • 9:00 am to 12:00 pm • Niagara Educators: \$45; outside Niagara Educators: \$50



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Supporting Wellness in Early Learning Settings through Offering Plant Based Menu Options

Join Valerie Trew, Director of the University of Guelph Child Care and Learning Centre, for this webinar that will be of interest to educators, administrators, and child care cooks. In this webinar you will learn about the 2019 Canada Food Guide and the many benefits of a plant-based menu in child care, including safety, efficiency, nutrition, cost, and sustainability.



Valerie Trew is the director at the University of Guelph Child Care and Learning Centre in Guelph, Ontario. Valerie has spent 20 years working in children's services through postsecondary education, regional government, early intervention, and early learning and child care.

**Saturday May 29, 2021 • 9:30 to 10:30 am • Free, offered by
University of Guelph Child Care and Learning Centre**

Smoothies for Nutritional Health Food Demonstration

Whether you are looking for a healthy breakfast, snack or a way to sneak some more fruits and veggies into your diet, smoothies are a great place to start! Smoothies are a nutrient-dense option providing vitamins and minerals for good nutrition and can be a delicious way to eat from the rainbow every day. Join the ECCDC as we showcase a variety of ingredients that can be blended together, highlight some key nutrients to support your health, and explore ways to incorporate them into your everyday routines.

**Saturday May 29, 2021 • 1:30 to 2:00 pm • Free
session offered by the ECCDC**



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Surfing the Waves of Pandemic Loss

This webinar will explore the various losses many have endured due to the COVID-19 pandemic. COVID-19 has forced us to change the way we operate in our daily lives. With those changes, many have experienced a wave of losses. For some, these losses may build up and lead to feelings of grief. Now, more than ever, it is important to accept and allow these feelings. The term "Coronavirus grief" has also been coined because of the pandemic. It is only through acknowledging our collective grief and experiences that we can take steps to heal.



Angel G. Graham MSW, RSW, is a Registered Social Worker, Child & Family Therapist with Pathstone Mental Health in Niagara. She has extensive experience in working with children and their families who have a diagnosis of autism, have experienced trauma or are dealing with a loss.

Monday May 31, 2021 • 6:30 to 8:30 pm • Free session offered by Pathstone Mental Health

Deepening Emotional Resilience through Building Balanced Empathy for Educators

Join Elizabeth Skronski for this second session!

In this workshop, we will examine what may cause us to feel emotionally overwhelmed and disconnected, often creating stress, and will explore vulnerability, emotional resilience and empathy. Through various activities we will learn how to empathize from the heart and from the head. This ability will allow you to: develop and nurture a calmer and more focused mind; identify what pushes us out of balance, allowing the space for wiser choices; develop better self-understanding and empathy towards others; develop stronger emotional resilience; and develop great compassion for ourselves and others.

Thursday June 3, 2021 • 6:00 to 9:00 pm • Niagara Educators: \$10; outside Niagara Educators: \$25

