|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | **Rising Above the Negativity-**  **A Youth Worker & Educator Workshop…**  **getting back to the joy of education**  Using positive psychology and self-reflection techniques to positively reframe situations  **Date:** Saturday, April 25th  **Location:** The Blue Mountains |  | |  | Image result for quotes on the joy of teaching education" | |
| **A One Day workshop focused on getting back to the Joy of Education!**   * Learn positive psychological tactics to increase resiliency, reduce stress and build a positive mindset including mindfulness and meditation * Explore ways to navigate difficult conversations and lean into your conflict management styles * Reflect on your roles and boundaries as an educator * Explore your self-care and wellbeing initiatives: where they are at now, where you would like them to be |

# Agenda

9:00 am Registration (coffee & muffins)

9:30 Group Discussion on the current state of Education: what’s working, what’s not, who is impacted

10:15 The Story of the Education: a reflective journey into why you chose education

10:45 Break

11:00 How to de-personalize a situation and conversation

11:30 Conflict management & navigating difficult conversations

**12:30 lunch (buffet lunch provided)**

1:30 Role Analysis – a reflective look at your current roles (both personal & education related)- a look into how you spend your time, and if you want to re-calibrate it

2:15 A look into personal triggers, boundaries, and ways to let go of stressors

2:45 Break

3:00 Creating a personal mantra for stress resiliency, self-awareness, and self-care – finding your joy

3:30 Building your personal self-care plan

3:50 Closing group meditation and mantra sharing

4:15 A group mindful hike (weather permitting)

5:15 After Hike social

**Who Should Attend:**

* Teachers, Educational Administration, Guidance Counsellors, Child & Youth Workers, Educational Psychologists, Educational Support Workers, Principals

A wooden table

Description automatically generated

## About the Facilitator

## A person sitting in a chair talking on the phone Description automatically generated

**Jennifer Card, M.Sc.**

**Masters of Applied Positive Psychology and Coaching Psychology,**

**PsyD (C) Leadership Psychology**

**Leadership & Corporate Wellbeing Coaching Psychology**

* Jenniferholds a M.Sc. degree in Applied Positive Psychology and Coaching Psychology (MAPPCP), a Bachelor of Arts, and a Post Graduate Diploma in Business Management. She is currently a doctoral student in Leadership Psychology (PsyD). Jennifer was formerly a marketing consultant, a wellness entrepreneur, and a yoga & fitness instructor. During her M.Sc. studies, her research focused on Positive Education, specifically, a new positive psychology intervention to increase student wellbeing.
* Jennifer is a member of the International Coaching Federation, a board member of the Canadian Positive Psychological Association, and a certified Strengthscope® Practitioner recognized by the British Psychological Society. Jennifer holds a certificate in Cognitive Behavior Therapy from the Beck Institute.
* Her company **EvolveR** is passionate about leadership development and helping organizations to increase wellbeing. [www.evolverleadership.com](http://www.evolverleadership.com/)
* Jennifer is also a coach with Impact-Coaches [www.impact-coaches.com](http://www.impact-coaches.com)

Registration

**Please email your registration confirmation by April 16th to**: Jennifer Card at [jennbermuda@gmail.com](mailto:jennbermuda@gmail.com)

**Registrants Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**School Board:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Your email contact**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Your cell phone:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cost:**

* $200/ Full Day (includes full day workshop, coffee, muffins, buffet lunch, and after hike social)

**Location:**

* The Blue Mountains, 134 Snowbridge Way, L9Y 0V1
* Near Blue Mountain Village off oF Grey Rd. 19

**Time:**

* Registration starts at 9:00

**Attire:**

* Comfortable hiking clothes

**Local Accommodations:**

* The Westin Trillium House, Blue Mountain Village
* The Blue Mountain Inn, The Blue Mountain Village
* Mosaic Inn, The Blue Mountain Village
* The Grand Georgian, The Blue Mountain Village
* [www.bluemountain.ca](http://www.bluemountain.ca)

**Payment can be provided the day of the event via cheque, cash or e-transfer.**