



Horizons In Learning, Inc

The Brilliance of Resilience

Deepening Adult Resiliency

To Deal With Change Stress & Overwhelm

Presenter: Constant Hine, M.A.

Description:

This session will provide early childhood professionals practical strategies to strengthen and deepen adaptive resiliency skills to deal with stress, the uncertainty of change, and how to positively deal with these increasing demands. We will also explore how to implement practical self-management strategies to transform stress and deal with change which is paramount for our professional success, personal well being, building sustainably successful organizations as well as being positive role models for and teachers of young children. The focus will be on fostering their own social emotional well being to deal with change, stress and challenging situations.

In this session participants will examine the three stages of resiliency. They will explore what stage they were during the first year of participating in the Transitional Kindergarten and what risk and protective factors were influential. They will identify the importance of reflecting and create a plan to move from intervention to prevention to increase their resiliency entering into, for some participants, their second year and for others their first year.

Participants will learn about four protective factors to promote adult resiliency: Relationships, Internal beliefs, Initiative and Self-control. Each participant will complete the DARS (Devereux Adult Resiliency Survey) to self assess their current resiliency and create an action plan for strengthening their protective factors. The three protective factors (Attachment, Self Regulation and Initiative) that promotes resiliency in young children will also be presented with a few strategies for promoting these protective factors.

Participants will explore common causes of stress that make them less effective, less compassionate and impatient in the workplace, with children, colleagues and with their own families. In this session participants will clarify and shift the ways they respond to stress such as overwhelm, feeling pressured by lack of time and too much to do, negative mental attitudes, anxiety about change, fear, anger, and disorganization. Participants will learn practical prevention and intervention strategies to transform stress and reframe disempowering perspectives. They will also learn a proactive mindset and strategies for finding and building on the 'gem' strengths in every child. Participants will create an action plan to strengthen strategies in the four domains of our lives: physical, mental, emotional and spiritual, to intentionally strengthen their resiliency and how to polish the gems in

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children.

Learner Objectives

In this session participants will:

- learn four principles and strategies for dealing with stress, overwhelm and anxiety.
- learn to identify the difference between internal and external demands.
- learn ways to become proactive rather than reactive to strengthen their resiliency.
- learn about the four adult protective factors that strengthens adult resiliency.
- complete a DARS (Devereux Adult Resiliency Survey) and based on the results create an action plan for strengthening their protective factors.
- examine the connection between their own resiliency and their effectiveness in working with children, families and colleagues promote protective factors to specifically support and foster positive mental mindsets and interactions with children.
- Participants will complete a What Works Adult profile on themselves and a What Works Child profile for a child they find challenging to work with.

Length: Full day – 9am- 3:30pm

Equipment Needed: LCD projector/screen, flip chart/easel, extension cord

Set Up: 6 ft table at front of room for presenter; group tables for participants (if rectangular tables – set in chevron toward front so no person has her back to front.

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