



Horizons In Learning, Inc

The Brilliance of Resilience ***Strategies To Deal With Change, Stress & Overwhelm***

Presenter: Constant Hine, M.A.

Description:

Demands to provide higher quality education and care to children and families are increasing. The ability to “work smart,” to work respectfully and effectively with others, and provide high quality educational services to children and families is directly connected to our ability to make personal choices in areas we have control that can reduce the negative impacts of stress in our lives.

This session will provide early childhood and school-age professionals practical strategies to strengthen and deepen adaptive resiliency skills to deal with stress, the uncertainty of change, and strength based strategies to 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 children.

We will explore common causes of stress that make us less effective, less compassionate and impatient in the workplace, with children, colleagues, families we serve and with our 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 strength based prevention and intervention strategies that can be developed and implemented in the four domains of our lives: physical, mental, emotional and spiritual.

Participants will learn about four protective factors to promote adult resiliency: Relationships, Internal beliefs, Initiative and Self-control. Each participant will use the DARS (Devereux Adult Resiliency Survey) to self assess their current resiliency and create an action plan for strengthening their protective factors. They will also explore the correlation between an educator’s personal resiliency and her ability to provide effective and respectful care for and education of children.

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Learner Objectives

In this session participants will:

- learn seven principles 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 meet demands.
- focus on areas where they have choice and control to transform their ability to deal with stress and regain control within themselves.
- learn about the four 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.
- learn practical strategies for early childhood and school-age educators to become more resilient to specifically support and foster positive interactions with children.

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