



Instructor: Constant Hine

The Brilliance of Resilience: Strategies to Bust Stress Barriers Pt 1 (3.5 hrs)

Description:

This session will provide early childhood professionals and leaders with a variety of practical strategies to strengthen and deepen adaptive resiliency skills in order to better deal with stress and the uncertainty of change, as well as strength-based strategies to deal with our increasing demands. We will explore common causes of stress that make us less effective, less compassionate and impatient in the workplace with colleagues and /or children, and with our own families. Participants will learn 4 Principles to Transform Stress. They will learn to clarify and expand their capacity to respond to stressful demands, focus on where they have control, how to reframe disempowering perspectives and focus on what they want. They will also learn a variety of 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.

Learner Objectives

In this session participants will:

- learn four principles for dealing with stress, overwhelm and anxiety.
- learn ways to become proactive rather than reactive to meet demands.
- practice reflective strategies to foster mindful behaviors to build greater resilience.

The Brilliance of Resilience: Coaching to Promote Adult Resilience Pt 2 (3.5 hrs)

Description:

This session will provide early childhood coaches with strategies and tools to promote resilience in adults using the four principles for dealing with stress, overwhelm and anxiety. Strategies will be presented for using transformational coaching and expanding the coach as change agent mindset to foster resilience. The Universal Coaching Tools of pausing/listening, paraphrasing, reframing, analyzing and summarizing will be introduced to help adults deal concerns, anxiety and challenges when facing the unknown, dealing with overwhelm and stress.

Learner Objectives

In this session participants will:

- learn Universal Coaching Tools to help adults reflect, reframe challenging attitudes and analyze behaviors that contribute experiencing stress, overwhelm and anxiety.
- learn ways to become proactive rather than reactive to meet demands.
- examine the connection between their own resiliency and their effectiveness in working with colleagues, staff, children, and families.