

**9-9:15 a.m.**

**Welcome**

**9:15-10:30a.m.**

**Opening Keynote Speaker - Lisa Murphy**



**What If Today Was Their Only Day?**

In this motivational keynote address Lisa shares the powerful story of her first day of school. Through active and engaging storytelling Lisa brings you back to her first day, taking you on a grand tour of Miss Mary's Nursery School. And, in the style she has become famous for, she shares many observations, lessons and anecdotes about how early childhood has changed along the way. Lisa will share the sights sounds and smells of the place where, at the young age of three, she decided to become a teacher and identifies the how, and why, that one day solidified her decision to become an educator. This inspiring keynote gets participants back in touch with their personal how and why. It gets them excited and gets them thinking: If it WAS their only day, what will they remember?

**10:45-11:35 a.m. Session A**



**Yoga Nidra for relaxation- Feeling stressed? - Lori Witkovich**

Join in a Yoga Nidra session to help clear your mind and relax your body. This practice is a guided meditation that will help you feel grounded and connected to the present moment.



**A conversation with Lisa Murphy**

Join Lisa for an interactive session where she will answer questions from the audience.



**Trauma, the Brain and Healing Through Play – Selena Garrison**

Participants will learn about the impact of early trauma on the brain and behaviors. After learning about the characteristics of children who have experienced early trauma, participants will learn about how to help these children find success in the classroom. They will specifically learn how play disarms fear responses and is one of the best avenues of leaning for these children.



**A Whole Person Approach to Creating New Rhythms for Self-Care – Ashlee Seek and Jamie Schofield**

This workshop will focus on the prioritization of physical well-being, mental/emotional health, spiritual/social connection for a healthy work-life balance. Research says that those who take the time to recharge, restore and prioritize these areas live a more creative and joyful life that results in overall professional success. Participants will leave with simple and practical strategies through the lens of a whole-person approach that can help create new rhythms of self-care prioritization and abundant health.



**Look at the Education Field Now – Adrienne Donaldson**

Join this open and interactive discussion of how the education field has grown and changed over the past two decades. We will share videos and clips from several other organizations including VPK, Head Start, public education, and family child care homes. We will share resources and tips on how participants can keep ahead of the changes and keep up with new programs as well as review a few key programs.

## 12:35-1:25 p.m. Session B



### **Yoga Nidra for relaxation- Feeling stressed? Lori Witkovich**

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### **Look How Far You Have Come: Portfolios 101 - Adrienne Donaldson**

Providers and educators will explore creative and functional ways to create portfolios. The participants will also explore the five keys to portfolios: Useful, Organized, Supportive, Active, Variety. We will dive deeper in the changes a child makes and the importance of getting the parents and the child to “Look How Far They Have Come” from and the progression We will explore appropriate ways to document and observe for infants to school age.

**1:40 p.m.**

## **Award Presentation and Evaluation**

**2-2:55 p.m.**

## **Closing Keynote-Monica Bryant**



### **The Boogey Man: Not always a child’s imagination.**

Monica Bryant is currently the Family Violence Prevention Coordinator for Marion County Children’s Alliance, she chairs the local Domestic Violence Taskforce, Family Violence Prevention Workgroup. Children who are exposed to domestic violence may experience a range of difficulties. The toll it takes on them is often overlooked. Let’s explore the effects of domestic violence, short term and long term.