

# ONLY ONE YOU

MONDAY OCTOBER

# 24

🕒 9:30 AM - 4:00 PM

## A Be Well-ference for Early Years Professionals

This opportunity will bring the London-Middlesex early years system together to reflect, learn, grow, and celebrate the invaluable contributions early years professionals make each day in service to children and families across our region.

The day will aim to build connection and community while inviting you to invest in your most precious resource: **YOU!**

**WITH A SPECIAL KEYNOTE PRESENTATION FROM MINAA B.**

**THE POWER OF SMALL: BUILDING MICRO-HABITS TO COMBAT STRESS AND ENHANCE PERSONAL WELL-BEING**

### AVAILABLE AFTERNOON SESSIONS:



#### Jasmine Bowie

BREATHWORK FOR  
EASE AND JOY



#### Liz & Mollie

BUILDING RESILIENCE  
AND SUCCESSFULLY  
NAVIGATING BIG  
FEELINGS

AND MORE!



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KEYNOTE SESSION

10:00 - 11:00 AM

 VIRTUAL PRESENTATION

**A Be Well-ference for Early Years Professionals**

## THE POWER OF SMALL: BUILDING MICRO-HABITS TO COMBAT STRESS AND ENHANCE PERSONAL WELL-BEING

FACILITATED BY MINAA B, LMSW

Everyone has habits, but some of our habits are not beneficial to our well-being. Healthy habits create room for self-care and self-care can happen anywhere you are, even in the classroom. During this workshop, you will learn the difference between habits and routines, the science behind what it takes to create healthy habits, and tools and strategies that will help you practice work-life harmony to better support your mental health and well-being.

Minaa B. is a writer, licensed mental health professional and founder of [Minaa B. Consulting](#), a mental health consulting practice that works with organizations to develop psychological safety and become mental health inclusive. With over nine years of clinical experience as a therapist, Minaa specializes in treating depression, anxiety and trauma. Minaa also spent over five years working as a mental health consultant in Early Head Start providing services to children ages 0-5 and training educators and staff on early childhood social-emotional development. Minaa's work and teachings have been featured in a variety of publications such as The Today Show, BBC, Facebook Watch and more. Currently, Minaa sits on the Mental Health Advisory Board for Selena Gomez's media company Wondermind, and she is contracted with Tarcher Perigee to release her first book in August 2023.



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AFTERNOON SESSION

1:30 – 2:30 PM

 VIRTUAL PRESENTATION

**A Be Well-ference for Early Years Professionals**

## BREATHWORK FOR JOY AND EASE

FACILITATED BY JASMINE BOWIE

Breathwork is the practice of conscious rhythmic breathing and is a powerful tool in igniting the body's natural healing systems. Jasmine will guide us through a 60-minute breathwork and guided meditation practice. We'll be using our breath and visualization to connect with our innate joy and ease.

This session is perfect for people who seek to release— be it stress, or emotional blockages. Through deep intentional breathing, we'll increase our capacity to feel more connected to our body, inviting in lightness, ease, and joy. Participants are welcome to bring a blanket, earphones, and a journal for a small amount of reflective writing.

\*\* While breathwork is a powerful healing tool, risks of participation can include bringing up emotions, trauma, discomfort, growth, expansion & elation.

\*\* If you are pregnant and/or have a known heart condition it may be best to consult a doctor before participating.



Jasmine Bowie is a holistic wellness practitioner, therapist, and breathwork facilitator with a Master's Degree in Social Work from New York University. With over 10 years of clinical, program design, and mind-body wellness expertise, Jasmine's practice is rooted in curating integrative wellness opportunities for people to pause, center their breath, and connect with themselves and their community more intimately. She believes through intentionally centering our individual and collective wellness needs, we create expanded opportunities for community healing, self-liberation, and joy.

# ONLY ONE YOU

AFTERNOON SESSION

1:30 - 2:30 PM

 VIRTUAL PRESENTATION

A Be Well-ference for Early Years Professionals

## BUILDING RESILIENCE AND SUCCESSFULLY NAVIGATING BIG FEELINGS

FACILITATED BY LIZ FOSSLIE AND MOLLIE WEST DUFFY

In this engaging and informative session, Liz and Mollie will give participants tactical tips for how to build resilience, successfully navigate big feelings, and practice self-compassion during times of uncertainty.

Liz's poignant illustrations sprinkled throughout the presentation bring the content to life. The actionable advice will be applicable to those in a broad range of roles, including those who work alone or with others.



Liz and Mollie are the co-authors of the best-selling book *Big Feelings* and the Wall Street Journal best-selling book *No Hard Feelings*. Their work has been featured by Good Morning America, TED, NPR, The New York Times, Harvard Business Review, and The Economist and they've led workshops at organizations including NPR, Viacom, LinkedIn, and Google. Liz leads content and communications at Humu, where she helps leaders and their teams take small steps towards profound improvement. Mollie is an organizational design and organizational development expert and was previously an Organizational Design Lead at global innovation firm IDEO.