

CARING HEARTS. COMPASSIONATE MINDS.

A system-wide professional learning day for Oxford County early years professionals.



REGISTRATION CLOSED

 Woodstock Fairgrounds - Oxford Auditorium
875 Nellis St, Woodstock, ON
N4S 4C6

 April 19, 2024 from 9:00 AM - 3:30 PM
Morning snack & lunch will be provided



EVENT PAGE



OUR DAY

8:30 AM DOORS OPEN

8:30 – 9:00 AM NETWORKING/MORNING
REFRESHMENTS

9:00 – 9:20 AM WELCOME/OPENING

9:30 – 10:15 AM OXFORD COUNTY CONSULTANT

10:15 AM – 12:15 PM **KEYNOTE 1: NATALIE ROYER**

12:15 – 12:25 PM REFLECTION

12:30 – 1:30 PM LUNCH

1:30 – 2:00 PM KAHOOT

2:00 – 4:00 PM **KEYNOTE 2: MIKE MASSE**

4:00 – 4:30 PM REFLECTION AND CLOSING

MORNING KEYNOTE

LEADING WITH LOVE AND REFLECTING ON OURSELVES



Facilitated by Natalie Royer

This keynote session will allow educators to reflect on their own practice and the mindset that informs their practice regarding biases, critical reflection and self-awareness. Through self-reflective activities and discussion, we will explore our implicit biases, gain a better understanding of what critical reflection entails and interrogate strategies that can support us in our work with both children, families and team members to help us lead with love and compassion.

Natalie Royer is a consultant, strategist and coach at Saroy Group Inc. She provides training sessions primarily in the education sector and consults with companies and organizations on how to promote spaces of belonging. She has worked in the healthcare sector (i.e. Hospital For Sick Children) and she has taught at colleges and universities for over 10 years. Natalie is an RECE and holds an M.A. in ECE from Toronto Metropolitan University and a certificate in Psychological Health and Safety in the Workplace from York University.



AFTERNOON KEYNOTE

TAKE CARE OF YOU TOO

Facilitated by *Mike Masse*



In this engaging workshop, Mike will explore various techniques and strategies that he has developed for educators, helping them navigate their emotionally, mentally, and physically demanding days. This workshop does not simply focus on "positivity"; Mike's down-to-earth approach aims to demonstrate practical ways to train our minds to respond kindly to our daily stressors. Additionally, Mike will delve into how mindfulness can be used to best support children. Providing multiple techniques and tools for both formal and informal use, everything discussed during the workshop will be available as a resource on Mike's site, mindfulmike.ca.

Mike Masse is a mindfulness consultant, public speaker and best selling author who specializes in mindfulness based stress reduction. For over a decade, he has been teaching adults, youth and children mindfulness skills to help reduce their levels of stress and anxiety. Mike has become a highly sought after trainer; facilitating workshops with educators, first responders, health care providers, and others who work in high-stress environments. Mike's engaging and encouraging teaching style will have you feeling excited and hopeful about what mindfulness can do to transform your well-being and your professional practice. It's time to take care of you too!

MENU

CONTINENTAL BREAKFAST BUFFET

croissants, muffins, danishes, yogurt cups, granola, fresh fruit
drinks: orange juice, apple juice, coffee, tea, water

LUNCH

Build Your Own: Tex-Mex Fajitas

basket of nacho chips, warm soft tortillas

sauteed peppers & onions

shredded chicken, shredded lettuce,

shredded cheese, diced tomatoes,

salsa, sour cream, guacamole, pineapple slaw, rice

AFTERNOON SNACK

sweet + salty treats

** dietary restrictions and considerations will be collected during the registration process*