



Tuesday, April 20 and Wednesday, April 21, 2021

Virtual — Zoom

The Southern Illinois PreK-20 Education Alliance proudly presents an innovative opportunity to address educator self-care, self-awareness and emotional well-being strategies for ALL educators. Due to the isolation and uncertainty surrounding the pandemic, many of our educators and students have been traumatized. By providing insight, tools and strategies for our educators, this will go a long way in benefitting our educators and the students they teach. Evaluations indicate that participants gain valuable knowledge and skills by attending this annual conference. Don't miss out!!

Breakout sessions will target topics such as adverse childhood experiences (ACEs), building resilience, building community from within, stress levels on the body, self-regulation, stress responses, self-care tips and strategies, and educator support sessions and many more.

Whole Educators, Whole Students: The Critical Need for Adult Social-Emotional Development

Keynote Speaker – Megan Marcus, Founder, FuelEd

Schools and educators across the country are fighting an uphill battle. Toxic stress created by poverty, insecure relationships or other traumatic events impede children's learning capacities before they even enter school or come into contact with a teacher. Every single day, teachers grapple with the significant emotional labor required to absorb student trauma, deal with challenging interpersonal situations, and manage their own and others' feelings. For many of these teachers, it is simply too much to handle and they leave the profession. A growing number of schools hope that adopting curricula or programs to develop students' social and emotional skills will be the answer....but what about the educators themselves? Sharing research from child development, psychology, and interpersonal neurobiology, Megan, will describe how developing educators' emotional intelligence, emotional availability, and emotional capacity can build the kinds of relationships that studies show heal trauma, promote brain growth, and produce optimal learning.

CONFERENCE SCHEDULE

<u>Tuesday, April 20</u>	<u>Wednesday, April 21</u>	WAYS TO REGISTER:
12 pm Check-in	12 pm Check-in	Online: conferenceservices.siu.edu
1 pm Keynote: Megan Marcus	1 pm Breakout Session II	Phone: 618/536-7751
2:15 pm Break	2:15 pm Break	Fax: 618/453-5680
2:30 pm Breakout Session I	2:30 pm Breakout Session III	

Registration Form - Deadline to register: April 13, 2021

21W0901201P

First name: _____ **Last name:** _____

District name: _____

District address: _____

City, State, ZIP: _____ **District phone:** _____

Email: _____ **Cell phone:** _____

Role in district/occupation: _____ **IEIN:** _____

Check Area of Interest:

- Pre-service
- PreK/Early Childhood
- Elementary Education
- Middle School/Jr. High
- Secondary Education
- Alternative Education
- Higher Ed Faculty
- Administration
- Adult Education
- Community

REGISTRATION FEE

- Professional Fee \$30
- Student Fee \$10
- Professional Fee \$35
(After 4/9/2021)

Payment (choose one):

- Check (Payable to SIUC)
- Credit Card
- Bill School

Please remember to select your workshop sessions on the next page!

Credit Card #:			
Exp. Date:		CVC:	
Name on Card:			
Billing Address:			
Email Address:			

Please choose one (1) workshop from each session:

Session I — Breakout Sessions — Tuesday, April 20, 2:30-3:30 pm

- Managing Teacher Stress and Overwhelm (for Administrators)**
- What's Your Style? The Four Relationship Styles**
- Toxic Stress, Adverse Childhood Experiences and the Impact on Children and Adults**
- Connection through Self-Care**
- Knowing Ourselves**
- Supporting Students in Distress: The Power of Self-Regulation and Coping**
- Preparing for the New Normal – Re-introduce Yourself**
- The Magic Of Self-Care**
- The Science of Brain-Body Regulation: Supporting Equitable and Thriving School Communities**

Session II — Breakout Sessions — Wednesday, April 21, 1:00-2:15 pm

- Cultivating Practical Skills for Personal Resilience (DOUBLE SESSION)**
- Toolkit: Ready to Learn Through Relationships (DOUBLE SESSION)**
- Helping Students Dealing with the stress Response (DOUBLE SESSION)**
- The A-Meow-zing Practice of Self-Care: A Cat Lady's Guide to Taking the Best Care of Yourself**
- Are You Self—Care Aware?**
- Caring During COVID**

Session III — Breakout Sessions — Wednesday, April 21, 2:30-3:30 pm

- Cultivating Practical Skills for Personal Resilience (continued from Session II)**
- Toolkit: Ready to Learn Through Relationships (continued from Session II)**
- Helping Students Dealing with the stress Response (continued from Session II)**
- Connection Through Self-Care**
- Addressing Student Trauma and the Learning Gap**
- Supporting Students in Distress: The Power of Self-Regulation and Coping**
- Preparing for the New Normal – Re-introduce Yourself**

conferenceservices.siu.edu

Return to: Conference and Scheduling Services
Student Center — Mail Code 6705
Southern Illinois University
1255 Lincoln Drive
Carbondale, IL 62901

