

# Coming Together - Celebrating Us!

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Sesame Street in Communities 2022  
October 8, 2022 | 8:00 – 12:00 a.m.



## Session Information

### **Connecting with your Teams to Achieve Resilience and Combat Burnout** **Dr. Rupal Gupta, Clinical Services Director – Kyruus. Inc.**

Part of the reason Sesame Street is so special is the mix of individuals who work together and make a cohesive team there, and who show commitment to one another every day in the neighborhood! You also have your neighbors to whom you can bring your best self, show compassion, and be part of something bigger than just you alone, as you work to develop the next generation of children. You are also active partners to the parents you serve, and can connect with them to positively influence their children. This training will actively engage participants in exploring techniques to build connectedness with their teammates and families.

### **Calm Leadership in a World of ACEs** **Mel Tinjaca, Ph.D., Childhood Today - Principle Consultant**

You will likely meet, interact and lead a group of adults or students who have had adverse childhood experiences (ACEs). National and world events are causing additional trauma. According to Harvard Business School, “volatility is the highest it has ever been in the US, and possibly the world.” We are not walking on eggshells; we are walking on T&T (Trauma and more Trauma).

As educators and citizens, what is your responsibility? To mirror the other person’s emotions, to back down and stay silent, or to educate? What is your responsibility to your students? If you responded to educate and model social responsibility, then this session is for you! Prepare! Join us in understanding the importance of calm leadership. Join us in discussing organic ways of honing your calm leadership skills.

### **Community with the Classroom** **Pamela Simpson, Early Education Director - The Children’s Place** **Lovie Hollins, Early Education Manager - The Children’s Place**

#### **What does it mean to build community in a classroom?**

Teachers encourage children to support and learn from their peers in the classroom. Through intentional classroom management strategies, the teachers help children to develop social relationships and friendships. Over time and with much practice, the children seek each other’s help to solve problems cooperatively.

## What makes a good classroom community?

To build a strong, supportive classroom community, teachers must foster kindness, respect, generosity, empathy, and compassion among their students. Working with your young learners to build a supportive community within your classroom is one of the most important things you can do as a teacher.

### Compassionate Self Method of Delivery

**Blair Ballard, Director of Clinical Services – The Children’s Place**

**Miracle Haislip, Early Education Teacher - The Children’s Place**

The majority of individuals who decide to become educators have high levels of compassion satisfaction, a phenomenon where helping others brings joy and satisfaction to themselves. This high level of commitment to others is admirable until it prevents individuals from taking care of their emotional needs. Too often caring folks put the needs of others ahead of their own. Learn from a therapist, an educator, a yoga instructor, and the characters of Sesame Street how to be compassionate to yourself, and learn to listen to your own needs so you can be the strongest and healthiest educator for others.

Participants will learn the definitions of compassion satisfaction, compassion fatigue, burn-out, and secondary traumatic stress. Participants will also learn three things that lead to compassion fatigue and the three strategies they can adopt into their lives to reduce compassion fatigue.

## Schedule Listings

(Select One Choice Per Session)

### Session 1 9 - 10 a.m.

Connecting with your Teams to Achieve Resilience and Combat Burnout

Calm Leadership in a World of ACEs

Community with the Classroom

Compassionate Self Method of Delivery

### Session 2 10:10 - 11:10 a.m.

Connecting with your Teams to Achieve Resilience and Combat Burnout

Calm Leadership in a World of ACEs

Community with the Classroom

Compassionate Self Method of Delivery

