Staying Strong, Being Courageous:
A Wellness Heroes Retreat for Head Start & Early Head Start Teams

Interactive, virtual session on how to recognize and expand our best qualities during the COVID-19 pandemic.

Presented by Luis Hernandez, MA, Early Childhood Education Specialist

In our personal or professional lives, we can individually respond to a crisis situation with new-found confidence and untapped leadership. Being pro-active at this time requires us to focus on the things one can control. It calls on us, regardless of our personalities, to maintain meaningful connections with all those around us, especially family members, colleagues, neighbors, friends. Most importantly, taking care of the self during turbulent times is paramount. Lastly, ideas on how to stay relatively sane by going outside our comfort zones and beyond ourselves. Being strong and courageous will define how each day can provide meaning in our work with children, families, and our team members.

Learning Outcomes:

- affirm a sense of confidence and security
- understand when we do and don’t have control
- continue to maintain social connections with others
- affirm the importance of self-care during difficult periods
- recognize that staying sane is a healthy strategy

Time Frame: either a morning or afternoon session designed for about 2.5 hours; regular bio/physical breaks are part of the interactive experience.

Session Framework:

- session is designed for small group - limit 25 participants per session
- all participants will need access to technology, WiFi service and be versed in Zoom technology
- session allows for individual comments & questions
- application of video conferencing "Best Practices" - we're all learning!

Price: $700 per session

Ready to Stay Strong, Be Courageous? Let us know!

Whether you simply want more information or are ready to get started, contact T/TAS at 800.882.7482 or ttas.info@wku.edu.