

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.