

FALL into Professional Development with PAEOP

DATE: Friday, November 15, 2024

LOCATION: PSBA (PA School Boards Association) Office—400 Bentcreek Blvd, Mechanicsburg, PA

TIME: 8:00 a.m.—3:15 p.m.



Morning Session—

Recapture Your Purpose & Rediscover your Joy

As we continue a school year after a time of unpredictable challenge and stress, now is our opportunity to continue our important work feeling as healthy and whole as possible. This interactive workshop shares small shifts grounded in positive psychology that can help school personnel protect their energy and increase their rational optimism and happiness baseline. Throughout the workshop, participants will be given time to create attainable goals based on new learning. Don't think of this as "one more thing" to do; think of it as a proactive step to make this school year the one where you recapture your purpose and rediscover your joy.

Presenter: Suzanne Dailey, an instructional coach in the Central Bucks School District. She is Nationally Board Certified, a fellow of the National Writing Project, and has a Masters Degree in Reading, and is author of ASCD bestselling Book *Teach Happier this School Year: 40 Weeks of Inspiration & Reflection* and the host of a popular weekly podcast.

Afternoon Session -

"Taking Care of YOU" - Health & Wellness

This session provides wellness support including healthful habits for surviving winter along with highlighting and practicing three techniques to help with stress reduction. Stress reduction is an important aspect of your well-being – both mind and body.

Presenter: Tessa Jenkins, RN, BSN, Holistic Health Coach
From ICU Nurse, full-time working mama, to stay-at-home mom to two girls, to yoga and meditation teacher, and now yoga Studio Owner and health and wellness coach.

Bring a colleague and benefit from time out of the office for professional and personal growth to help you become a better YOU!

WORKSHOP COST:

\$80 for PAEOP Member

\$90 for NON-Member

3 or more from the same educational entity receive \$5 discount per person

HOW TO REGISTER:

1. Register on line through this link:

<https://paeop.regfox.com/2024-fall-workshop>

2. Pay by credit card on-line
OR send a check along with on-line registration confirmation to PAEOP Treasurer:

Bonnie J. Miller, CEOE
PAEOP Treasurer, Pace School,
2432 Greensburg Pike, Pittsburgh, PA 15221-3611

And if you aren't a current PAEOP member, now is a great time to join or renew. Pay the yearly membership fee (\$30) along with your fall workshop registration fee. (See link above)