

"Parents are a child's first and most important teacher"

Moving Forward Mindfully

Last March, we had to drop everything and quickly figure out how to pivot our working styles, needs and abilities in order to cope in emergent circumstances. As the population gets vaccinated and infection rates decline, we will move from a crisis state to one of stability. We now have a revolutionary opportunity to redefine our work life. We don't have to react and can instead act with purpose and intent. This session will focus on finding the best process for everyone to define their new normal. We will identify the individual and collective lessons. Rather than reacting, we will use reflection and forethought to define how we access our work and each other. Finally, we will learn to practically implement individual and team plans.

SESSION OUTLINE

- Reflecting on What Works and What Doesn't
- Imagining the Ideal Future
- Practical Action Steps for Teams and Individuals
- Work/Life Balance
- Implementing and Adjusting Your Plan
- Useful websites and resources

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

GWEN JONES (SPEAKER)

Gwen is finishing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained individual therapist, relationship therapist and coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen initially studied Psychology at the University of Utah, then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.