

♡ Heart ♡ of the ♡ Provider ♡



Early Learning and Child Care Conference
October 21, 2023
Stettler United Church, 4820 51 St, Stettler, AB

Conference Welcome

We are thrilled to invite and welcome you to our sixth annual Heart of the Provider Conference. There are many aspects to being a great provider and one of those aspects is engaging in ongoing development. We look forward to bringing you sessions that inspire, motivate and highlight the wonderful person you are.

Conference Schedule

8:30am - Registration

9:00am - Opening Remarks

Opening Sessions 9:15am-10:45am

O1	O2	O3
People & Problems	Challenging Behaviours	Interpersonal Violence

10:45am - Coffee Break & Power session 1

AM Sessions 11:15am-12:05pm

A1	A2	A3	A4	A5	A6
Empowered leadership	Get organized! Creating a calming & organized space	Mini Movers - Music & Movement in a small group mixed age setting	Bullet Journal	Notice, Nurture & Name- Planning made easy	Occupational Therapy

12:05-1:05pm - Lunch

PM Sessions 1:05-1:55pm

P1	P2	P3	P4	P5	P6
Confidence creation	Bullet Journal as a leader	Yoga with kids	Say goodbye to picking eating	Sign language	Taxes- is that a write off?

1:55-2:30pm- Power Session 2 & break

Encore 2:30pm-3:45pm

E1	E2	E3	E4	E5	E6
Relax	Neurographic art	Feldenkrais relaxation	Watercolour release	Nurturing Little Hands: Children (and Adult) Skin Health	Open Chat

3:50 Closing remarks, 50/50, raffle & prize draws

Opening Sessions

O1 People & Problems -Cara Poppit
Are you feeling frustrated with constantly dealing with problems and feeling exhausted by the never-ending demands placed on you? Your energy is your highest currency and it's important to protect it. Understand how to connect to people, deal with problems effectively, and deliver your service with excellence. Discover the formula for having difficult conversations and start experiencing results.

O2 - Challenging Behaviours - Nicole Morrell
A child's early relationships shape their perceptions of themselves and others. They also influence how children learn to regulate their emotions and control their impulses. Children who can control their emotions and behaviours are better able to settle into the classroom and to learn. This session will walk you through some tips and tricks to building responsive relationships to lessen classroom challenges.

O3 Interpersonal Violence- Stephanie Hadley
This session will introduce the topic of interpersonal violence (dating, domestic and sexual), participants will learn how to recognize signs, respond to disclosures in a supportive way, and refer individuals/families to appropriate supports nearby.

AM Sessions

A1- Empowered Leadership –Cara Poppit
Leadership is hard and takes training that most people never receive. Understanding how people think and what motivates them will help you connect to your team members and make a positive impact. Leading a team takes courage, strength, and training. If you are struggling leading others or want to up-level your skill set and become a confident leader that inspires others and drives results, this is your invitation.

A2- Get organized- creating a calm and organized space –Kandace Armstrong
Kandace will be offering ideas and tips on organizing classroom supplies and knowing when to let go of items. She invites participants to submit photos and a brief description of the space they are struggling with. Kandace will then offer specific solutions for that space. Deadline for photos is 2 weeks prior to the conference. Please email them to asimplerspace@gmail.com

A3- Music & Movement- for young children – Rhonda Gillrie
Humans are naturally creative, musical and artistic. Through dance children develop spatial awareness, pay attention to others sharing their space and enhance locomotor skills. Leave this session with a plethora of songs, movement ideas and how to use simple props to enhance your gross motor programming. This session will focus on ideas for small groups with mixed ages.

A4- Bullet Journal - Sarah Golby
Join journaling coach Sarah Golby for an introduction to the creative organizational system that is Bullet Journaling. Totally customizable to fit your life and goals no matter what stage you find yourself in, this intentional system of planning, reflection, and adding creativity to your day can help you unlock your full potential while learning to release perfectionism and create a journaling practice that will finally stick as part of your daily routine.

A5- Notice, Nurture, Name- Planning made easy – Nicole Morrell
In flight, we identify five dispositions to learn: playing and playfulness, seeking, participating, persisting, and caring. Children demonstrate these dispositions to learn through their play and living in early childhood communities. In this session we will discuss how we notice these dispositions, name them, and base our planning around nurturing who the child is. True emergent curriculum. Please come to this session with 5 observations written (2 or 3 sentences) from your own classroom and an open mind to aid in moving away from theme planning and planning sheets and into a more authentic and intentional way to plan for children.

A6 - Occupational Therapy- Erin Eggleston
Movement is a huge part of our daily lives. From newborn to adult we strengthen our muscles and coordination along a sequential path. Join Erin to focus on movement milestones and ways to hit those milestones in fun and functional ways. We will also look at key dysfunctions and what could be the issues. Leave with suggestions for activities to assist in meeting those important stages in life and what to do if a milestone is lagging or missing.

Sessions continued on next page

Power Sessions

These short 15 minute sessions will be a chance for you to brain dump, idea share and problem solve on the topic of choice. Each session will have a moderator to help keep the conversation moving should you happen to hit a road block. We anticipate the time will run out before the ideas do!

- * Sensory play
- * Family appreciation
- * Let's read
- * Literacy- more than books
- * Outdoors in
- * Snacks
- * Music & movement
- * Food allergies – menu options
- * Outdoor play
- * Transitions
- * Plan that menu
- * Fine motor fun

PM Sessions

P1- Confidence Creation – Cara Poppit

Stop waiting to feel ready or for the right time to arrive when you put your goals in motion. Discover why you get stuck and fail to take action and what is really holding you back. This workshop identifies transitional phases of life that causes you to get stuck, explains how confidence is created and provides tools that you can apply that will enable you to take action. It's time to learn how to get ready when you don't feel ready.

P2- Bullet Journal as a leader –Sarah Golby

If you've ever wondered how to use your calendar, day planner, or journal more effectively as a leader, this class is for you. Join journaling coach Sarah Golby for a look into how she used a hybrid Bullet Journaling system to increase productivity, profitability, and management skills in both management positions and in building her own business. Whatever your career or business goals, Sarah will walk you through creating a system of notation and review will help take your leadership to the next level.

P3- Yoga with kids- Alicia Tate

Develop body awareness, build concentration, increase confidence and mindfulness. Yoga has many benefits beyond filling in your programming sheets. Learn the basics of doing yoga with kids and take home ideas for ways to incorporate yoga into your program.

P4- Say goodbye to picky eating

– Nicole Doan

Nutrition plays an important role for the growth and development of our children. Come join Nicole Doan, registered dietitian, for nutrition tips and tricks on how to work with children on choosing foods that will nourish their bodies. You will discover new ways to encourage picky eaters to try new foods by understanding the role of the caregiver and child, discussing ideas on how to promote trying new foods, and sharing nutritious recipes.

P5- Sign language

– Lisa Smith

Communication is an important part of daily life. In this session Lisa will discuss and introduce participants to the benefits of sign language with young children. Learn the basics and how to's of teaching young children sign language in your program.

Did you know Infant Sign can:

- strengthen caregiver-child bond.
- reduce frustration for both child and caregiver.
- increase communication opportunities.

P6 Taxes- Is that a write off?

-Becky Scott

Taxes- everyone's favourite time of the year! This session will focus on what information you will need as day home providers to file your tax returns and ways to save you some money and headache when it comes to tax time. Get some helpful hints for what you can use as an expense and how to correctly record your income.

Encore sessions continued on next page

Encore Sessions

E1-Relax – Alicia Tate

A relaxing series of Yoga poses that uses props and music to help create a calm space and relaxing atmosphere. We'll slowly work through a series that can help settle the nervous system and support rest in the body. No Yoga experience needed.

E2- Neurographic art – Rachelle Campeau

Neurographic Art is relaxation through art. Simply put it is an art form where a person works with their subconscious mind to release their negative emotions onto paper and transform it into something aesthetic. No previous artistic skill is needed to produce artwork that looks good and gives a sense of accomplishment. Participants will leave the session with less stress and a beautiful piece of artwork.

E3 Feldenkrais-Rhonda Gillrie

The Feldenkrais Method® of somatic education uses gentle movement and directed attention to help you learn new and more effective ways of living the life you want. You can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. Since how you move is how you move through life, these improvements will often enhance your thinking, emotional regulation, and problem-solving capabilities.

Feldenkrais Movement based education is based on principles of physics, biomechanics, and an empirical understanding of learning and human development. Gentle movement and directed attention to help people discover new and more effective ways of living the life you want.

Join Miss Rhonda in a discovery of efficient movement and relaxation.

E4- Watercolour release –

Stephanie Hadley

This session will explore vicarious trauma, compassion fatigue and burnout including ways to identify impacts and symptoms. We will explore a creative activity (watercolour painting) and discuss how incorporating self-care practice can assist in managing the impacts of working in stressful or demanding situations.

E5- Nurturing Little Hands: Children (and Adult) Skin Health Stephanie & Shawna

Join us for an engaging and interactive session where we delve into the realm of children's skin health and empower you with practical knowledge, real-life examples, and products to help your kiddos skin issues. You will even have a chance to make your day home/classroom some amazing hand soap to take home; some bath salts for you (for post-work relaxing!) and while we learn and make – we always share great stories, loud laughs and a tiny dose of sarcasm!

E6- Open Chat -Self Led

In this session you take the lead! We encourage you to find new connections, share your success and brainstorm solutions to your program struggles. Please submit 2 questions/topics you wish to discuss to heartoftheprovider@gmail.com by October 14.

Our Presenters

Rhonda Gillrie- Miss Rhonda began dancing at the age of two and has never stopped. She has studied and continues to study many styles of dance. Rhonda owns and operates the Rhonda McCulloch Danceology that began over 32 years ago. She has trained dancers who are now professionally performing and/or pursuing Fine Arts Degrees or Masters in Dance. She adores seeing former students now as teachers! Beyond that, her greatest thrill is still to see the growth in self-esteem and self confidence dance brings to her students.

Kandace Armstrong- Kandace Armstrong has been passionate about simplifying life through decluttering and organizing physical environments for many years. Her personal journey in "living with less" began in 2012. Years into her simplifying journey friends and family started to ask for her help in transforming their spaces. Kandace realized there was a need for this type of support and her business A Simpler Space was born. As a Certified Professional Organizer she enjoys transforming difficult and cluttered spaces while also educating people about the mental, emotional and physical effects clutter can have on their wellbeing.

Alicia Tate- Alicia Tate CYA is a certified yoga teacher and mother of two who has been teaching yoga for well over a decade. She works with adults and children to help build body awareness, strength, balance and mindfulness in a busy world. She is the owner/operator of Alicia Tate Yoga in downtown Stettler.

Sarah Golby-Sarah is a speaker, coach, and obsessive journal nerd living in the heart of rural Alberta. Best known for her annual event Return to Wild, her work centers around helping others unlock their potential through journaling, goal setting, and gaining clarity around their purpose. When she isn't working hard as a coach, she can be found hiking, gardening, or laughing and chasing after her young son.

Shawna Bensen & Stephanie Plaetner- Passionate about their families and their skin health these two are the force behind the Fresh Wife Soap Company in Stettler Alberta.

Erin Eggleston - occupational therapist for 17 years for AHS in all service streams from pediatrics to geriatrics and palliative care. Focus of functional movement and activities, adaptive equipment and splinting 3 children

Nicole Morrell is a Early Childhood Education Consultant and Instructor. With 19 years in the sector she has worn many hats including OSC Supervisor, Daycare Director, Accreditation Support Project Manager, FSCA Parent Coach, Pedagogical Partner, Developmental Supports Coach, and ECE Instructor.

Cara Poppitt - Cara Poppitt is a dancer, entrepreneur, speaker, author and coach. She is the owner of two award-winning companies, Soul Connexion and Studio Fine Arts Club, and works with women and girls to help them gain the confidence they need to pursue their dreams. She is a growth coach for Dance Studio Owners Association, Inner Circle and Mastery Program and loves helping studio owners take action to achieve results.

Cara has danced professionally in five countries and has been featured in CTM music videos, commercials, and movies. She developed a national fitness program called Cardio Jam and loves developing programs that inspire and empower.

She shares her knowledge and experience to encourage others to do their inner work, connect with who they are, and make themselves a priority. She believes anything is possible with confidence, and you earn your confidence by doing hard things and being vulnerable without feeling ready. Her positive energy and kind nature allow her to connect with audiences of all ages.

Cara holds two Bachelors' degrees, one in Commerce and one in Psychology. Awarded CIBC Entrepreneur of the Year, she was also named Global Television's Woman of Vision and featured on Global News. She has been highlighted in magazines and newspapers such as the Calgary Herald and Alumni Connections for her unique approach to a mind-body connection.

Cara has three young children and lives in Calgary, Canada with her family.

Becky Scott - started working towards her accounting degree at the University of Alberta but raising her family became her focus before she was able to complete her schooling. In 2005 she began studying tax preparation in Calgary and helping a few businesses organize their paperwork. She decided to start Results Bookkeeping once she realized this was a good opportunity for additional income while her children were little. She has worked at Alberta Infrastructure, Alberta Finance, Liberty Tax and H&R Block. Once she and her husband relocated to Stettler in 2007 she set up shop here and has been providing bookkeeping and tax preparation services ever since.

Rachelle Campeau- grew up in Northern Alberta in a family that has always appreciated the arts, Graduated from U of A with B. Ed in Secondary Education and currently teaches grade 7 to 12 Fine Arts and Wellness courses at William E Hay Secondary Campus. "Arts and Personal wellness have always been my passion so I am excited to share projects that combine these two entities"

Presenters continued on next page

Presenters Continued

Nicole Doan- Nicole Doan is a registered dietitian and certified diabetes educator. The majority of her career has been spent working with individuals who live with chronic diseases at the Big Country Primary Care Network. She also has worked at the Diabetes Educator Program in Red Deer, and the long term care facility in Castor. She currently has a private practice, mostly working with individuals with diabetes, intuitive eating, and nutrigenomics. Nicole is also passionate about educating people on how nutrition positively impacts overall health and athletic performance. Nicole and her husband, Brook both grew up in the Stettler area. They own and operate Stettler Electric, and have four young children who are all actively involved in various sports.



Stephanie Hadley- Stephanie has worked in the charitable sector for more than 20 years, with half of that time being dedicated to sexual and interpersonal violence related service and the remainder in community Arts & Culture. She is currently the Executive Director at the Association of Communities Against Abuse-ACAA. Throughout her career, she has worked in program development, training and facilitation, one on one client support, fund development, human resource management and community capacity building. Stephanie is also the Owner, Artist and Designer at Remedy Art Studio.



Conference Registration Fees & Information

Early Bird registration fee -- \$200 by July 31, 2023

Regular registration fee -- \$225

registration includes a swag bag

Registration Policy

- Registration is on a first come basis
- Registration is non-refundable. Registration may be transferred to another person on the condition there are no changes to sessions.
- Invoiced fees must be paid to complete registration. Form only is not enough to hold your place.
- Session designation will be included with registration package. Changes can not be made once receipt is sent.
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How to Register

Complete this online form:

<https://form.jotform.com/heartoftheprovider/HOTP23>

Methods of Payment

By EMT to

Invoice will be emailed- then payment to:

HeartofTheProvider@gmail.com

Security Question: As provided

Answer: Heart2023

*Please include a message with your payment indicating who your payment is for.

By credit card

Invoice will be emailed.