

MCCA INTERLAKE REGION SPRING WORKSHOPS 2019

SATURDAY April 6th 2019

Gimli New Horizon55+ Center in Gimli, MB

17 North Colonization Rd, Gimli MB

- **Registration & Refreshments 8:15 a.m.-9:00**

Morning Workshops 9:00 am – 12:00 pm

Session A: Child Care Basics by Marilyn Valgardson

Session B: Effective Communication Strategies by Genella Macintyre

- **Lunch Break 12:00-12:45 **AGM at 12:00****

- **Afternoon Workshop 12:45 pm– 3:45 pm**

Session C: 5 more minutes are up. Now what? by Marilyn Valgardson

Session D: 5 Steps to Reducing stress by Genella Macintyre

Deadline to register: March 22nd 2019

Name: _____ MCCA # _____ email _____

Centre/Family Child Care: _____ Address _____

Phone: _____ Fax: _____

Registration Fees: Full day: MCCA Members \$50.00 Non Members \$75.00

½ day: MCCA Members \$25.00 with lunch is \$30.00

½ day: Non members \$40.00 with lunch is \$45.00

Morning Workshop 9:00-12:00 Session A _____ Session B _____ Not attending _____

Afternoon Workshop 1:00-4:00 Session C _____ Session D _____ Not attending _____

Attending lunch Yes: _____ No: _____ (Very important for our food order!)

Paid by: Cheque (Total amount of cheque) _____
(Made payable to MCCA Interlake Region)

Mail registration forms along with payment to Cynthia Thomsen Box 189 Riverton MB R0C2R0
Email- rdci@mymys.net Work: (204) 378-2871

Workshop Descriptions

Effective Communication Strategies:

Communication is easy when it is easy. But, it is not when it is not. We all engage in difficult conversations. Conversations we participate in when we are frustrated at circumstance or people, when we are concerned about how our message will be received, or when we are approaching a sensitive topic. This seminar summarizes a series of strategies to assist participants engaging in difficult conversations with the key strategy being self-regulation. In this seminar, participants will gain information through the following objectives:

- *To understand the nature of a difficult conversation*
- *To choose how to give feedback in a difficult conversation*
- *To understand the connection between self-regulation and the stress response*
- *To consider their skill level in self-regulation and determine if they are responding or reacting in a difficult conversation*
- *To identify individual elements they bring to a difficult conversation (adult response or child reaction)*
- *To identify individual triggers*
- *To consider strategies that will clarify information in a difficult conversation*

5 Steps to reducing Stress:

Not all stress is problematic. It is the distress that taxes our coping resources. Facing challenges that are overwhelming, long lasting, and happen often cause us to deplete our resources and create distress. How do you reduce stress? No one coping method is best for everyone. It is necessary for you to determine the methods that will counteract your distress.

This workshop provides an essential strategy built upon understanding stress, taking stock, managing your external environment and then your internal one, and taking action. Corporate trainer and psychology expert Genella Macintyre pushes past the usual surface-level explanations of stress and digs deeper into the root causes. This workshop is a toolbox of practical microstrategies based on discovering your personal stress-management style and recognizing what works.

Child Care Basics

Join Marilyn in a combination of workshops that identify and review the commonly found play zones and learning centres. Learn what kinds of play you might observe in these areas and what kind of planned experiences you can offer as well as why each zone is important to the child's developmental domains. We will also discuss how you can expand on and support children's play. Be prepared to share your experiences and to take away lots of great ideas to try.

In this morning session, we'll talk about the Discovery Zone, the Creative Zone, The Construction Zone and the Imagination Zone.

"5 more minutes" are up. Now what?

In the afternoon session we will discuss supporting children through the various transitions we have in our day and in our programs. You'll learn how many is too many as well as how children and adults respond to transitions. We'll come up with some ways to make transitions more fun and less frustrating for everyone.