

# Child Care Planning Council's 2019-20 ECE Leadership Event Series #2

**Build Equality, Change Mindsets and Encourage Inclusivity**

## **Mindfulness: The Key to High Performance**

Dynamic interactive Workshops that leave participants with applicable tools for both their professional and personal lives.

**Presenters: Sylvia Hoffman & Rebekah Tang**

**Thursday, November 14, 2019 5:30am to 8:00pm**

**St. Mark United Methodist Church, 3942 La Colina Rd, Santa Barbara**

**LIGHT DINNER WILL BE PROVIDED!**

Join the ECE Leadership Project as we continue a series of training events to increase quality services by strengthening the leadership skills of child development program directors, site supervisors and emerging leaders.

- Health & Wellness Education
- Family Strengthening
- Professional & Career Development
- Mediation & Stress Reduction
- Organizational Development
- Reflective Practice & Self-care

Participants will learn how the practice of mindfulness can improve both their personal and professional lives. Practical strategies and tools will bring the concepts to life for immediate use in the work and home setting, helping one to accomplish more in a calm and efficient manner. This leads to high performance coupled with reduced stress and improved health.

[\(To Register Click Here\)](#)

