

2018 Education & Health Professional Development Workshop

www.aboriginaltrainingandconsultingservices.com

**SOCIAL EMOTIONAL LEARNING AND MENTAL WELL-BEING
FOR INDIGENOUS AND NON-NATIVE CHILDREN & YOUTH**

November 8 – 9, 2018

Westmark Whitehorse Hotel & Conference Centre

Whitehorse, Yukon

Presented by:

W. Zarchikoff & Associates

and

Stratcom Consulting

About this Workshop

Today's schools are increasingly multicultural and multilingual with students from diverse social and economic backgrounds. Educators and community agencies serve students with different motivation for engaging in learning, behaving positively, and performing academically. Social and emotional learning (SEL) provides a foundation for safe and positive learning, and enhances students' ability to succeed in school, careers, and life.

Research shows that SEL not only improves achievement by an average of 11 percentile points, but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students. Effective social and emotional learning programming involves coordinated classroom, schoolwide, family, and community practices that help students develop the following skills: self-awareness, self-management, social awareness, relationship skills and responsible decision-making.

This two-day workshop offers participants an engaging and interactive approach to incorporating social-emotional learning and mental well-being into the lives of children and youth as well as into their own lives as adults and educators.

Workshop Agenda

Thursday, November 8	
0830 – 0845	Opening Remarks and Introductions Facilitator: W.W. (Bill) Zarchikoff Location: Conference Room A
0845 – 1145	Embrace, Engage, Empower: Dr. Martin Brokenleg's Approach to Working With Youth As a Metis social worker, practicing in a mainstream setting has made it important for Reid to find a way to incorporate indigenous teachings into the process. He has long been impressed by Dr. Brokenleg's Circle of Courage teachings and has used them as a guide in his clinical work with students for kindergarten to grade 12. Looking at the four core messages of the Circle of Courage, Reid will discuss the following lessons: Belonging - Treating others as kin forges strong social bonds. The community can raise a child. Mastery - Learning by observation, the importance of mentorship.

Thurs, Nov 8
(cont)

Independence - Learning by experience, supporting youth in making decisions, solving problems and showing personal responsibility.

Generosity - Showing unselfish behavior and respect for all.

This session will challenge educators and child care workers and others to link their focused learning/training with a traditional approach built around Dr. Martin Brokenleg's teaching. The hope is that this will strengthen your practice and service to the indigenous and non-indigenous community.

Reid Hartry, Supervisor Aboriginal Student Support, Louis Riel School Division

1145 – 1300

NO-HOST LUNCH

1300 – 1530

An integration of Mindfulness, SEL & Self-Regulation: A Lens for Viewing Educator Wellness

How do we stay in an optimal or self-regulated zone given the pace of change that is occurring in society where stability is short-lived before another change or stressor arises? Self-regulation and social-emotional functioning serve as an important lens for viewing wellness. Moving from theory to practice participants will gain an understanding of how self-regulation and social emotional learning concepts can be incorporated into their everyday lives to improve well-being.

Stace Burnard, Co-Owner Cloudberry Wellness, Whitehorse, Yukon Territory

Friday, November 9

0830 – 1515

Adventures in Social-Emotional Learning: Social-Emotional Learning Toolbox

Social-Emotional Learning is about building self and social-awareness to enable change and growth - the foundations of resiliency. This session will explore experiential and adventure-based games and activities that can be used to enhance social-emotional learning, well-being, and resiliency with all students.

Increase the size and scope of your social and emotional learning activity toolbox by experiencing how to effectively use movement-based activities to engage students in learning about themselves and each other. These tools and resources can be used in your classrooms and schools immediately.

Participants will learn how to promote self-awareness, self-regulation, social-awareness, relationship skill, and responsible decision making - the foundations for resiliency.

Come ready to be active, participate, and engage in a variety of adventure and experiential based social-emotional learning and resiliency activities. Participants will leave the session with practical tools that they can take back to their schools and

Fri, Nov 9 (cont)

classrooms immediately, adaptable to meet the learning needs of any population.

Sheldon Franken, Director/Owner, Inquiry Adventures and School Counsellor,
Vancouver School Board, Vancouver, British Columbia

There will be **Health and Nutrition Breaks** at 10:00 – 10:15 and 1400 – 1415 plus
time for a no-host lunch break from 1145 – 1300.

1515 – 1530

Evaluation & Closing

Facilitators

Reid Harty

Reid Harty is a local Metis social worker who has over 25 years' experience as a school social worker. He is currently employed by the Louis Riel School Division but has also worked with schools in the Winnipeg and Seven Oaks School Divisions. Reid is also a member of the Indigenous Helpers Society of Manitoba.

Nationally, Reid was appointed to the National Aboriginal Head Start Program at its inception and was active until the program moved to the community level. He was also a member of the National Aboriginal Achievement Foundation "Taking Pulse" Initiative. Reid also served as a member of the Expert Technical Advisory Group for the National Children's Survey, Statistics Canada.

Recently, he was appointed as an Elder for Metis Child and Family Services Authority Board. He also sits on the boards of United Way of Winnipeg, Canadian Mental Health Association of Winnipeg/Manitoba and the National Board of Canadian Mental Health Association.

Sheldon Franken

Sheldon Franken has a B.Ed. in Physical Education and a M.A. in Counselling Psychology. Sheldon is a school counsellor for the Vancouver School Board, the workshop facilitator and owner of Inquiry Adventures, and has been on the Association of Experiential Education North West Regional Council. Sheldon is known for his activity-based and hand-on learning style of facilitation. He has presented workshops and PlayNotes on active and experiential social-emotional learning to educational, psychological, and human resources organizations across North America

Stace Burnard

Stace Burnard, MA, MBA, B.Ed, Yukon, Canada has worked in the field of education for over 20 years. A background in clinical psychology she has held positions in the area of special education, educational psychologist and social-emotional learning. She has led a self-regulation in northern Canada. Published articles appear in Insights Magazine (BCACC), AdminInfo (BC Principals' & Vice-Principals' Association) and a number of British Columbia Teacher Federation (BCTF) magazines. She has published Putting the Pieces Together: Building a Curriculum of Caring in 2008 and has presented at First Nations Education Steering Committee conferences, BCTF conferences and the CCBD International conference in the U.S.

Management Information

Website: www.aboriginaltrainingandconsultingservices.com

W. Zarchikoff & Associates

Contact

Bill Zarchikoff, President

Email: wzarchikoff@yahoo.com

<http://aboriginaltrainingandconsultingservices.com>

Address

19899 - 55A
Avenue, # 112
Langley, BC
V3A 0C4

Phone

(604) 970-3419
or
Toll-Free 1(888)
683-7711

Fax

(604) 530-3841

Stratcom Consulting

Contact

Rebecca Marinos
Certified Leadership Coach & Communications
Consultant

Email: rebecca@rebeccamarinos.com

www.rebeccamarinos.com

Address

2781 Ridgeway
Ave, San Bruno,
CA 94066

Phone

(650) 888-2654

Fax

(650) 513-2020

Policies & Other Information

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Full time students (3+ classes per semester) must provide proof of enrolment

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

Training materials, certificate of completion, morning coffee, snacks and refreshment breaks. Lunches are not included.

CONTINUING EDUCATION CREDITS

Many accrediting organizations recognize these, and other, workshops. Upon completion of the workshop and receipt of a Certificate, you may approach any of the following, plus others, to request continuing education credits: Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC). The number of course credits will vary for each event.

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only. W. Zarchikoff & Associates reserves the right to cancel an event. Please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for workshop fees only. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please email us.

CANCELLATION POLICY: All cancellations for any workshop, forum, or conference must be submitted by email to wzarchikoff@gmail.com. Non-attendance at an event will not be grounds for any or partial refund /credit under any circumstances.

REFUND OPTIONS: 14 business days or more prior to the event: refund, minus a \$100 administration fee. Less than 14 business days prior to the event: credit to a future workshop, minus a \$100 administration fee. Less than one week prior to the event: no refund or credit under any circumstances will be available.

CERTIFICATES: Provided to attendees by email.

RECEIPTS: Sent by email once your registration has been processed.

CUSTOMIZED COURSES

We can offer this workshop in your community or customize a course that meets your specific needs. Contact us for further information. Check out our website for a full listing of events.