

UCEA/NJEA PROFESSIONAL DEVELOPMENT WORKSHOP

For UCEA Members (Retired members not eligible)

RENAISSANCE WOODBRIDGE
515 US Highway Route 1 South, Iselin, NJ 08830

\$85.00

MARCH 22 – MARCH 23, 2019

1. *Stress Management for ESPs* - This workshop explore the principles of stress management, including strategies to improve resiliency, renew energy and create a stress-free work environment. The session will provide opportunities for sharing stress management techniques and creation of a personal stress management toolkit.

2. *Mindfulness* – *Dr. Rebecca McLelland-Crawley* – Mindfulness is the state of being present without judgement and with self-kindness. Together we will learn strategies for dealing with our daily stress and discuss ways to improve our wellness. Nurturing and supportive classrooms happen when teachers take the time to put on their own oxygen masks first and practice self-care regularly. Come prepared for guided meditation and gentle stretching as we dive deeper into supporting the whole teacher.

3. *School Safety* – *Dr. Sarah Daly* – This workshop will provide educators with skills necessary to identify and react to conflict, de-escalate a tense situation, and examine their own strengths and limitations when confronted with violence. In addition, the program will identify risk factors for students and offer preventative measures and individual solutions to prevent school shootings.

4. *Cyberbullying* – This workshop will share information about what our students are doing online and strategies to help them understand some of the potential dangers they face. We will discuss strategies for educators to communicate these dangers to students. We will explore the various forms of cyber bullying. Finally we will discuss social media issues for both students and school staff.

5. *Legal issues affecting school employees* - NJEA Network attorneys will provide insight in dealing with common issues surrounding education.

Your share of the cost is \$85.00 per person, two in a room. UCEA will pay the remainder (approx. \$320.00). Single supplement is an additional \$85.00. Reservations will be accepted on a first come-first served basis. **SPACE IS LIMITED-SIGN-UP EARLY TO INSURE YOUR ATTENDANCE!**

Complete and return to: UCEA CONFERENCE
77 Central Ave., Suite 201, Clark NJ 07066

Enclose \$85 per person
SPACE IS LIMITED

NAME _____ SCHOOL DISTRICT _____

ADDRESS (INCLUDE STREET, CITY, STATE, ZIP CODE)

CELL PHONE _____ JOB TITLE _____

ROOMMATE REQUEST _____

EMAIL ADDRESS (PRINT CLEARLY) _____

PLEASE CHOOSE **2** WORKSHOPS _____ CHOOSE AN ALTERNATE _____

THE FORM MUST BE RETURNED BY DECEMBER 31, 2018 NO EXCEPTIONS!!!!!!

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