

Watch Your Words: The Power of Self-Talk and Self-Care *for* Educators

*'The words you speak become
the house you live in.'* ~ Hafiz



What words do you use to describe yourself? What stories do you tell about yourself? What 'house' have you been building for yourself? If those questions made you freeze, want to fight or want to run from the workshop description, this may be what you need. Let's learn to let go of limiting beliefs and ruminating self-talk by creating space for compassion and self-care with mindfulness and the Emotional Freedom Technique (EFT).

Lisa Clarke is a Registered Yoga Teacher (RYT-200), Certified Children's and Family Yoga Teacher (CCYT) and Children's Book Author. She has been specializing in yoga and mindfulness for children and educators since 2015, and has developed laLa yoga and mindfulness programs to support the foundations in *How Does Learning Happen? Ontario's Pedagogy for the Early Years*. Lisa is a proud member of the Physical Literacy Champions Group in Peel, advocating for the understanding and development of physical literacy in the early years. Before becoming a yoga teacher, Lisa was the acting Supervisor of her family's child care centre Children's Choice Daycare in Brampton, Ontario. Her experiences within a child care setting, combined with her knowledge of physical literacy and mind-body practices has given laLa wellness a reputation for engaging, quality learning experiences for children and educators.

Registration Information

Saturday April 6

9:30 to 11:30 am

ECCDC Conference Room, 3340
Schmon Parkway, Thorold

\$45 includes materials
and nutrition break

To register, call 905.646.7311 ext.
304, email eccdc@eccdc.org or visit
www.eccdc.org