



# Workplace Wellness Series

for Administrators  
and Educators

## Finding Your Happy: An Introduction to the 16 Guidelines to Transform Your Life and Relationships

Join Elizabeth Skronski for this new session. Many of us search all our life for our Holy Grail to happiness and well-being, yet the answer often lies within us. Drawing on proven techniques from modern psychology, ethics, cognitive behavioural approaches, and centuries-old Eastern philosophy, 16 Guidelines is a holistic approach to increase our emotional resilience, confidence, and overall well-being.

This workshop is a taster to a two-day workshop that looks at the neuroscience behind happiness and introduces "The 16 Guidelines" which provide practical tools for a more meaningful, fulfilled life. The idea behind the 16 guidelines is simple: to change the way we experience the world, we transform the way we think, act, and relate to others to find meaning. This workshop will teach techniques, including mindfulness, that can be shared with others, to improve personal relationships at home, reduce stress in the workplace, and overall increase your sense of happiness and well-being.

**Thursday February 11, 2021** • Time for Administrators: 9:30 am to 12:00 pm; Time for Educators: 6:30 to 9:00 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$55 for either session includes all session materials and nutrition break; outside Niagara Educators: \$60

**Please note** the Executive Directors Network Meeting will take place immediately following the Administrator session. Please register separately for the ED Network meeting.

**To register**, call 905.646.7311 ext. 304, email [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)

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### Mindful Goal Setting

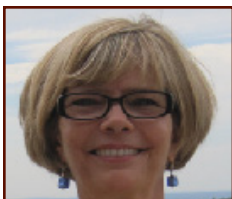
Join Elizabeth Skronski for this new session. Have you ever set goals and found that you were not as committed to them as you thought? Or perhaps these goals were really set by someone else for you? Of course you have!

When we set goals that are harmonious with who we are and what we truly value, our ability to meet these goals enhance our self-esteem and our well being in general. Mindfulness allows us to be more self-aware of what is truly important to us and understand what might be in our way of achieving these goals. In this workshop, participants will go beyond the the " normal" goal setting process and will explore concepts of the intention pyramid, strategic intentions, and time mapping and will leave with a plan to make their goals not only achievable but inspiring.

**Thursday April 8, 2021** • Time for Administrators: 9:30 am to 12:00 pm; Time for Educators: 6:30 to 9:00 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$55 for either session includes all session materials and nutrition break; outside Niagara Educators: \$60

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**About Elizabeth Skronski** ~ Elizabeth holds a B.A. in clinical psychology from McGill University and also holds a certificate in Applied Mindfulness from the University of Toronto. She is a Certified Personal and Executive Developmental Coach. She is also a certified facilitator in Meditation, Transformative Mindfulness, the Five Tibetan Yogas, and is a facilitator of the 16 Guidelines, a framework to live a meaningful life, create inspiring workplaces, and engage employees.