



Oregon Association of
Early Learning Professionals

Spring Conference 2019

March 15-16, 2019



Time for rest, relaxation, pampering, networking
and ...

Professional development!

Did we mention we're at the beach?

Agate Beach Inn

Newport OR



Our Keynote Speaker:

Erin Ramsey

Erin has worked in the early childhood non-profit sector for over twenty-five years. Erin has an undergraduate degree in Child Development and Psychology from California State University at Sacramento. She earned a Master of Science in Public Service Administration from the University of Evansville.

Erin is the author of *Be Amazing: Tools for Living Inspired*, *Be Amazing Workbook and Inspired Work: Showing Up & Shining Bright*. She speaks for audiences throughout the country and internationally to inspire others for greater service.

Erin is the mother of four children and grandmother to two granddaughters. She has been happily married for twenty-seven years.

She recently purchased a farm in Kentucky where she resides with her family and owns a lavender farm called Big Roots. Their goal is to GROW PEACE and provide a place for inspiration and rejuvenation for the well being of others.

Erin is known for her contagious laugh and her powerful presence both on and off stage. Erin has a unique gift of public speaking. She is able to actively engage her audiences through genuine messages of professionalism, leadership and strategies for future success. Her mixture of personal stories and proven practices allows the messages to become relevant and applicable for each audience member. Erin believes that there are no limits to what organizations, people, and leaders can accomplish when principles of integrity, honesty, and vision are aligned.

Erin is funny, compassionate, enthusiastic, and authentic; all a perfect combination for powerful and moving engagements.

Thursday, March 14, 2019

6:30-8:30 PM Spa Party Nibbles & Nosh Hosted by OAELP Board Members.

Relax and unwind after a long day and join the Board in the Parlor Suite on the 6th floor for an informal gather. This is a pure social time, no training hours are given. But...beverages and light finger foods are available along with special spa surprises!

Friday, March 15, 2019

8:00-8:50 AM Check In/Breakfast

9:00-12:00 Erin Ramsey *Showing Up & Shining Bright* Set 1 PPLD

Participants will be inspired and rejuvenated through stories, photos and tools based on six choices everyone can make to brighten up their life, to brighten up the word. Erin will regale us with lots of humor and encouragement to be the best we can be. She offers realistic and relevant tools for our everyday lives, personally and professionally.

The choices and tools Erin will share are: Embracing Self Consideration, Practicing Courage, Creating Joy, Being Compassionate, Living in Gratitude and Focusing on Presence.

12:00-1:30 Lunch and Vendors (door prizes)

1:30-4:30 Erin Ramsey *Showing Up & Shining Bright*, continued

Continuing a great morning session with a great afternoon session, expect time setting a big vision, discussing fun ways to set goals and learning strategies to train your brain toward what exactly you want for Inspired Work!

4:30-5 Vendors

5-6:30 Free Time

6:30-8 Dinner (a dressy affair) & Annual Meeting

8:30 Bunco (PJs or comfy clothes encouraged)

Saturday, March 16, 2019

6:30-7:30 AM Yoga on the Beach with Jenifer (indoor site if weather requires)

8:00-8:50 AM Check In/Breakfast

9:00-12:00 Session 1: Jenifer Trivelli, Fostering Resilience: Tools for Surviving and Thriving During your Early Childhood Educator Years 3 hours Set 2 PPLD Two buzzwords among today's early childhood educators: burnout and self-care. While doing special things for ourselves and taking vacations are wonderful, what can we implement in our daily lives to feel energized and happy? Analyze insights from neuroscience and evaluate the impact of stress on your own well-being. Training includes practical study—a beginning yoga class suitable for all, no mat or previous yoga experience needed.

Session 2: Crystal Holmes, Stress Relief and Toxic Free Living with Essential Oils 3 Hours Set 1 PPLD In this class, you'll learn about using essential oils for stress relief and immune support. Heard all about them but still have questions? We will provide answers and support to using essential oils in your life. An added bonus will include a "make and take" time for you to create your own sample.

10:00-12:00 Session 3: Lisa Wittorff, Mindfulness for Self Care and Classroom Use 2 Hours Set 1 PPLD Mindfulness techniques can improve self-regulation, mood and general coping skills. In this session, participants will learn how to use mindfulness in their own lives, with their staff, and in a classroom setting.

12:00-1:30 Lunch and last call for Vendors (door prizes)

1:30-4:30 Crystal Persi, Taking Care of your Temperament: One Pathway to Taking Care of Yourself 3 Hours Set 2 PPLD This session will address how your temperament is connected with your personal stress level. You will examine your own temperament and how everything around you affects it. Awareness of these nuances can go a long way to helping you take better care of yourself. Plan to walk away with an action plan for keeping your "love cup" full.

4:30-5 Turn in evaluations

2019 OAELP Spring Conference Registration Form

_____ New Member _____ Renewal _____ New Contact Information

Enter your information below as you would like us to list it in the Attendee Directory.

NAME _____ POSITION _____

PROGRAM NAME _____

ADDRESS _____ CITY _____ ZIP _____

COUNTY _____ EMAIL _____

Personal # () _____ Work # () _____

OF STUDENTS _____ QRIS/Accreditation _____

I will be attending Thursday evening: _____ *Count me in!* or _____ *Not this time*

Choose 1 if attending Saturday: 9 am-12 Session 1 _____ 9 am-12 Session 2 _____ 10 am-12 Session 3 _____

1. Yes, I will renew/join OAELP and enjoy a discounted rate for this conference!

_____ 1 year Membership \$25.00

_____ 2 year Membership \$45.00

2. Conference (Includes cost of food for conference participants)

_____ OAELP Member \$169.00 _____ OAELP Member One Day \$109.00 _____ Fri or _____ Sat

_____ Non Member \$209.00 _____ Non- OAELP Member One Day \$169.00 _____ Fri or _____ Sat

3. Scholarship Award *Scholarships available on first come, first served basis, time stamped (email) or postmark

_____ Betty Gray Scholarship \$ 50.00

Payment due (1 plus 2 minus 3!)

_____ Total Amount Enclosed

_____ Check _____ Purchase Order _____ Credit Card _____ *(Please call Trish for CC processing)*

Email your Completed Registration Form and Scholarship documentation (if applicable) to

support@earlylearningprofessionals.com

Questions? Call Trish at 503-997-3528

(Make Checks payable to OAELP and mail to: PO Box 7632 Salem, OR 97303)