

RECHARGE, RECALIBRATE, RECONNECT



1-DAY ONLINE LEADERSHIP MINI CONFERENCE

TUE 9 NOV, 9AM - 2PM | ONLINE

ABOUT

Are you suffering from 'resilience fatigue'? Do you need the space to reflect and reconnect with like minded leaders and experts who can help you to re-set your focus and build strategies as we head towards a new year?

Early education leaders have played a vital role in supporting Australian families. The CELA team have curated this energising one day online mini conference to support and inspire you.

- ▶ **RECHARGE:** Find out how to beat resilience fatigue and restore energy with international positive psychology expert Alison Earl.
- ▶ **RECALIBRATE:** Discover how to lead with heart and soul with Childspace founder Toni Christie, and learn how to identify stress and plan for wellbeing with BeYou consultant Trish Osgood.
- ▶ **RECONNECT:** Share personal stories and experiences with peers in a supportive and safe space.

SPEAKERS

- ▶ Alison Earl, Mindset and behaviour expert
- ▶ Toni Christie, Director and co-founder of Childspace, leadership expert
- ▶ Trish Osgood, Be You consultant

WHEN

Tuesday 9th November, 9am - 2pm

WHERE

Online

WHO SHOULD ATTEND?

Early Education and OOSH Directors and Leaders

WHAT WILL YOU GAIN?

You will come away with a renewed confidence and the skills to navigate through future change and uncertainty. You will also receive a copy of the CELA Wellbeing Tool Kit that you can use to inspire your teams.

PROGRAM

TUESDAY 9 NOVEMBER, 9AM - 2PM

9.00AM	How to Beat Resilience Fatigue ALISON EARL, MINDSET AND BEHAVIOUR EXPERT Find out how to go from surviving to thriving with empathy, energy, and ease. You will learn how to restore energy and adapt the resilience toolkit to better support yourself and your team through change and uncertainty.
10.30AM	Morning break
10.45AM	Leading with Heart and Soul TONI CHRISTIE, CHILD SPACE Exploring the concepts <ul style="list-style-type: none">▶ Courage: delivering and receiving feedback and dealing with conflict▶ Gratitude: living in gratitude and showing praise and thanks to others▶ Empowerment: nurturing leadership in others▶ Respect: work life and self-care
11.45AM	Break out room and reflection
12.15PM	Lunch 30 min
12.45PM	Planning for Wellbeing TRISH OSGOOD, BEYOU CONSULTANT Learning how to Identify stress and what it does to the brain and how we can plan for our own wellbeing
1.45PM	Questions
2.00PM	Finish

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MEET THE SPEAKERS

Alison Earl

MINDSET AND BEHAVIOUR EXPERT

Alison Earl works with people and companies around the globe to empower self-directed change as an international speaker, trainer, behavioural strategist, and positive psychology practitioner.

She is a repeat guest lecturer in behavioural economics at the Harvard School of Public Health and the author of *Tripowerment: The Why, the Will, and the Way of Breakthrough Change*. She leads a think tank that is dedicated to solving the most complex problems in behaviour change — bringing together leading academic and commercial minds in collaboration with Harvard and BurnsGroup. People who have benefited from her knowledge include the Global President of Pfizer Consumer Healthcare, the CMO of the Olympics, CFO of Comcast in addition to senior executives from Facebook and startup founders who are revolutionising education and empowerment.

Trish Osgood

BE YOU CONSULTANT

In her role at Be You, Trish supports communities in becoming mentally healthy. Previously, she was an early childhood teacher for over 24 years, working in leadership positions to support early childhood educators, children and families. Be You aims to transform Australia's approach to supporting children and young people's mental health in early learning services and schools. Their vision is that every learning community is positive, inclusive, and resilient – a place where every child, young person, educator, and family can achieve their best possible mental health.

Toni Christie

DIRECTOR AND CO-FOUNDER OF CHILDSPACE

Toni is the Director and co-founder of Childspace Early Childhood Institute and holds a master's degree in Education. Originally qualified as a nanny, Toni's experiences in education range from running a community parenting programme for single mothers to advisory roles with the Ministry of Education and tertiary training providers. She oversees the Childspace Institute's professional development programmes, is an author of books and articles, and is editor of *The Space* magazine.

Toni's extensive management and leadership experience in the early childhood profession have seen her work alongside community education services across Aotearoa and Australia.

Toni has presented seminars and workshops to both national and international audiences on the topics of environment design, management, leadership, early childhood education curriculum and programming, infants and toddlers, and storytelling and science.

FIND OUT MORE AND BOOK

www.cela.org.au/recharge-recalibrate-reconnect-conference

Any questions? Please call 1800 157 818