



A Time to Reconnect

Early Childhood Education Conference

February 7 & 8, 2019



Quebec Association for Preschool Professional Development

President's Message

I am proud and privileged to address you for the first time as the President of QAPPD. Please allow me to take this opportunity and invite you to join us for our 2019 Annual Educator Conference. Over the years, our goal remains the same: to offer quality learning opportunities to ECE educators in a supportive environment. What better way to show our appreciation for your diligence and hard work than to provide you with cutting edge professional development opportunities.

The role of an ECE educator is constantly changing with unexpected challenges. What remains the same is the devotion and passion that drives all of you to rise to these challenges the best way you can. Our mandate applies not only to Directors but to all ECE members who impact the lives of young children in their care.

The mission of QAPPD is: “providing support, professional development and resources to its members through opportunities that guarantee the integrity of the association’s dedication to helping childcare professionals, achieve their highest potential.”

Once again, this year’s conference includes a great choice of topics and speakers; some returning favorites and some new. Everyone involved this year, as in past years, will most definitely bring inspiring information to help you grow professionally and even on a personal level. Learning and honing skills in both areas of your lives will hopefully drive and inspire you to be the best version of yourselves whether you are new or seasoned to the important field of Early Childhood Education.

See you there!

Luisa Iglío
President QAPPD
Executive Director CPE Dorval

“In learning you will teach, and in teaching you will learn.”
— **Phil Collins**

General Information

Conference Address

Sheraton Montreal Airport Hotel:
555 McMillan, Dorval Qc.
H9P-1B7
514-631-2411

Shuttle Bus Service

Autobus Transpat Inc., a free shuttle bus service, to conference and back for delegates (**Friday Only**) will be available at the following times and places:

7:15 - Bonaventure Metro on Mansfield corner of La Gauchetière.

7:30 - Villa Maria Metro on Décarie corner of Monkland.

Cancellation Policy

To qualify for a refund, please notify us in writing before January 26, 2019. Notice of cancellation received after this date cannot be honored.

Registration

Registration will end on January 18, 2019. Onsite registration may be available after this date, space allowing, with immediate payment.

Confirmation Receipt

Your cancelled check confirms your registration. An official receipt will be given upon request.

Thursday, February 7th Schedule

8:00 – 9:00	Registration
9:00 – 12:00	Director's Workshop (break incl.)
12:00 – 13:00	Luncheon
13:15 – 16:00	Director's Workshop (break incl.)

Friday, February 8th Schedule

8:00 – 9:00	Registration, Exhibitors
9:00 – 9:30	Plenary
9:30 – 9:45	Exhibitors
9:45 – 11:45	Workshops
11:45 – 12:15	Exhibitors
12:15 – 13:15	Luncheon
13:30 – 15:30	Workshops

Feb. 7, 2019 - Director's Workshop

Martine Cohen

- 9:00 - 15:00

The workshop will be interactive and include discussions and group exercises. The points below give you a sense of the orientation and what will be covered, however, some of the points may be covered more in depth and more points may be added as the workshop is customized and adapted to the dynamic of the specific participants.

Morning workshop will include:

- Introduction
- Who are you and why are you here?
- The essence of communication. How to communicate with yourself as a way to communicate with others.
- Who's the leader? Learn to identify what is driving your communication.
- Encountering resistance and ways to deal with it.

Morning Objectives: To provide skills and tools for positive communication in an innovative way, with a focus on the different elements of inner communication, mindset and awareness.

Afternoon workshop will include:

- Showing up to the conversation.
- Communication before the words (aligning yourself with your communication).
- Tuning in and different listening styles (understanding your own and ways to improve).
- Why and how the language of the question plays a key role in the outcome.
- Does your communication reflect your true goal?
- Wrap up and next steps.

Afternoon Objectives: To build on the knowledge and insight of the morning, develop tools and strategies for improved interactions with others. An emphasis will be placed on the ability to set the tone for positive communication through being able to frame a question, aligning your communication with your goal, true listening and remaining present.

Feb. 8, 2019 – Plenary Speaker

Madalena Coutinho

- 9:00 – 9:30



Striving for happiness and joy is a worthy pursuit. And, like most things, it's a habit that can be cultivated. Life isn't meant to be "all right" or "not so bad." It's meant to be ravishing, beautiful and filled with joy. Come and explore ten (10) tools for working your "soul."

Madalena Coutinho, formerly a well-respected ECE Executive Director, has transformed herself into becoming a Senior Leadership Consultant and a Certified Facilitator. Madalena is a formidable leadership and HR speaker sought after by companies across North America. She employs a participant-centered approach to training based on principles of adult learning. Madalena is dynamic, energetic, authentic, straightforward and inspiring. Many of Madalena's clients attest to appreciating her ability to offer real-world skills that can immediately be transferred to the workplace for productive results.

"Who you are is what you settle for, you know?"

– Janis Joplin

Feb. 8, 2019 – Morning Workshops

- 9:45 – 11:45

A1 • Challenging Behavior – What More Can I Do: Mona Segal

All children can have challenging and disruptive behaviors at times. However, some children: say “no” more often than others; ignore directives from adults, and have more difficulty regulating their emotions. In the last few years, much has been learned about *Executive Function*, and the implications for shaping behavior in young children.

Objectives: The goal of this workshop is to learn about the best practice strategies that will provide a new lens for understanding challenging behavior, to reduce daily struggles, encourage compliance and increase a positive atmosphere in your daycare environment.

A2 • QBQ Method – Question Behind Question – Discover how personal accountability can change your life: Madalena Coutinho

Why is personal accountability so important? Simply, because it drives action and defeats complaining, victim-thinking, procrastination and blame.

Objectives: To provide attendees with QBQ tools to help you eliminate negative thinking, procrastination and other hindering behaviors while increasing accountability, ownership and responsibility in all areas of your life.

A3 • Fish Philosophy – Reignite Your Passion and Creativity: Luisa Iglio

“FISH” is a parable, an invented story that exists inside all of us by learning to focus on what we love to do even when life seems overwhelming and hard to cope with.

Objectives: The purpose is to learn to self-reflect and re-introduce yourself to some basic principles including “be there,” “choose your attitude,” “make their day,” and “play.” ***Catch the energy and release your potential in a fun and interactive workshop.***

A4 • Guiding Young Children to Recognize, Identify and Cope with Their Emotions Using Children’s Books: Dr. Stephanie Margoese

Educators will be introduced to a series of children’s books (two in particular) that focus on different emotions that young children often find overwhelming. Some of the emotions include anger, anxiety, fear and sadness.

Objectives: To learn how to use the books within an ECE setting so that young children can better cope with their emotions. The two books that will be used are “*The Tiger in My Chest*” and “*Sam’s Big Secret*.” The first discusses ANGER while Sam’s story helps children better understand FEAR.

Feb. 8, 2019 – Afternoon Workshops

- 13:30 – 15:30

B1 • Kindergarten Readiness: Mona Segal

Some children in ECE settings seem to easily absorb the skills needed for a successful transition to Kindergarten, while others require more support. There is much debate between the importance of social skills vs. pedagogical knowledge at the daycare level.

Objectives: This interactive workshop will help guide educators and introduce them to best practices to enhance social skills, executive function skills, emotional regulation and play.

B2 • Supercharge Your Emotional Agility: Madalena Coutinho

The only way to confidently face challenges, embrace change, and recover from disappointments and defeats is to strengthen personal resiliency and resilient teams. Emotional Agility is the set of skills that we, as human beings, need in order to deal effectively with ourselves and others in a healthy and positive manner.

Objectives: You will be introduced to four (4) hooks that commonly intrude our thoughts, emotions, and actions in ways that are contrary to our well-being:

- 1) Thought-blaming.
- 2) Monkey-mindedness.
- 3) Old and outgrown ideas.
- 4) Wrongheaded righteousness.

Learn to develop a resilient mindset and attitude

B3 • Yoga for Young Children: Jennifer Chan

Young children today are faced with anxiety and stress at a rampant rate. Their emotions are overpowering and often very challenging for everyone concerned. Yoga is an amazing strategy that gives children and adults, alike, the tools to acquire self-regulation and coping skills when feeling overwhelmed.

Objectives: Attendees will learn about the benefits of incorporating yoga in their ECE educational program. Several common questions will be answered, including but not exclusive to: how can I include yoga within my existing program? Is it just for the children that display challenging behaviors? Do I need to be certified? What are the best moves? Is it expensive to bring into the daycare? How frequently should yoga be practiced? At what age can we start introducing yoga to the children?

B4 • CLASS: Mary Patsatzis & Alia Jaafar

The MF is planning to include a new tool for daycares to self-evaluate their environments and more specifically the relationships between educators and children.

Objectives: Those in attendance will be introduced to an overview of CLASS - the CLASSROOM ASSESSMENT SCORING SYSTEM. You will learn “What is the CLASS measure and why use it?” Basic concepts of the “domains” and “dimensions” will be identified, as well as common vocabulary specific to CLASS.

BIOGRAPHIES

Mona Segal

Mona is a returning presenter to our conference and always much in demand. She is a counselor and educational consultant with many years of experience working with adults and young people of all ages within clinical, community, and school settings, as well as EAPs. She is the co-creator of *DM Family & School Services* with clients who have been experiencing times of difficulty – within the home, school, work, hospital and community settings, individually and in groups. Mona is a soft-spoken orator with the ability to make sense out of difficult and scientific theories and notions. She has had the opportunity to present workshops to thousands of administrators, teachers, daycare educators, etc. Her workshops have been well received by people in school boards and other agencies in and outside of Montreal and Quebec, as well as in the United States.

Luisa Iglio

With over 38 years' experience in the ECE field, Luisa brings her mentoring and coaching attributes to all types of learning. As Executive Director of CPE Dorval she sees the importance of learning and growing with every opportunity offered. She is passionate about what she does and is inspired to make a difference for future children, educators and parents. With her leadership skill and in her role as president of QAPPD Luisa continues to support Directors of Childcare centers in their role. Luisa brings simple, interactive learning with practical ideas to workshops based on real tried and true experiences.

Jennifer Chan

Jennifer has a background in psychology and inclusive education. Over the past fifteen (15) years, she has become very successful in incorporating her personal passion for yoga with her professional role as a Special Education Technician and resource expert for all-ability children, those who require additional support for different reasons. Jennifer is a certified yoga instructor. Her goal is to continue helping children through the mindfulness of yoga as well as teach others to do the same.

Dr. Stephanie Margoless

Stephanie is a clinical psychologist who specializes in assessing and treating pre-school aged children, school-aged children, young adolescents, and older teens. The clients she works with come to her with all kinds of problems, ranging from anxiety, worries, OCD, and fears to depression, low self-esteem, attention deficit, hyperactivity, sleep issues, learning and academic problems, peer and family relational issues, poor social skills, anger management issues, temper tantrums, and other behavioural, developmental and emotional problems. Helping children and teens overcome their challenges and thrive as individuals is one of her greatest rewards.

In addition to her mission to help children and adolescents reach their full potential, she has discovered a passion for writing and collaborating on therapeutic resource books for children.

BIOGRAPHIES

Alia Jaafar

Alia has been in the ECE field since 1998. She is a strong advocate for academic excellence and strives every day to provide a lasting education in each child that comes to her center. Alia's professional affiliations include teaching at LaSalle college and in her spare time; enjoys coaching and consulting private daycares. She is presently a director for 16 years at Centre de la Petite Enfance Les Petits Explorateurs.

Throughout her 35-year journey in the Early Childhood field, Alia has been inspired to focus her career on creating safe environments for children to learn and grow. Mrs. Jaafar enthusiastically brings these experiences and her leadership as an active member of the QAPPD association

Mary Patsatzis

For the past sixteen (16) years, she has worked as the Director of CPE L'OREAL Kids. She has been involved in the ECE field since 1998. Professional, positive, energetic and an immense love for children is one way of describing her. She has a bachelor's degree in Early Childhood Education and Sociology, as well as a certification as a Personal and Professional ICF Coach. Presently, she is in the process of completing her Human Resources Certificate at McGill University. She enjoys coaching, mentoring and helping others. She can now add to her resume official Class Pre-K Observer. She believes in Locke's philosophy of empty slates, tabula rasa. We all come into this world with a blank slate ready to fill it and fully learn. Especially being role models to children, as a Chinese Proverb quotes "A child's life is like a piece of paper on which every person leaves a mark..." What mark are you ready to leave?

Martine Cohen

Martine is a certified life coach (CCF) and certified Energy Healing Practitioner. She has a teaching diploma, two law degrees and a license to practice law both in Montreal and in Israel. The rest of her time is spent enjoying time with her family, learning, exercising, practicing yoga, meditating and baking.

She has worked with individual clients one-on-one, given classes to women, and conducted speaking sessions at women's groups and other events.

Her dichotomous background and experience allow her to create a unique harmony between her cerebral side and problem-solving aptitudes and her spiritual intuition and abilities. When balanced together, they provide her with the unique tools she uses to assist her clients on their life journey of continued spiritual growth, self-realization, clearing their layers and meeting their full potential.

Registration

We look forward to seeing you at this year's conference. To register, kindly fill out the conference registration form that you can find at <http://qappd.com> . You may complete the form directly on your PC and email it to: info.qappd@gmail.com or print it, complete it and mail it along with your check, payable to the QAPPD to the following address:

QAPPD Conference
c/o CPE Dorval
865 Lakeshore Dr, Dorval,
QC H9S 2C7

Your registration will only be confirmed on receipt of payment.

For further inquiries regarding the conference, kindly contact Kelly at 514-994-0345 or Tanya at 514-502-2737.

MISSION STATEMENT

The QAPPD is committed to providing support, professional development and resources to its members through opportunities that guarantee the integrity of the association's dedication to helping childcare professionals achieve their highest potential.