

2021 Vision

The Roadmap to Foster Resilience In Ourselves, Clients & Communities



Thursday February 4th, 2021
1:30 PM – 9:15 PM
Virtual Conference on Zoom

Transforming Adversity into Resilience

Jennifer Maccarone, MNA Westmount-Saint-Louis

Describing resilience as the ability to accept, to adapt, and to live life with a clear vision, Jennifer will share that while you may not have signed up for a journey with obstacles, the second you fall down, get hurt, suffer a disappointment, or feel your heart break, your journey to resilience has begun. Jennifer will talk about her personal experiences and insight into how owning her own story created her resilience and the ability to transform the way she lives and how she leads.



Hosted by
Champlain
COLLEGE SAINT LAMBERT

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Centre intégré
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QAE and **AEESSQ**
Québec Association of Educators
Association des
Éducatrices et Éducateurs
Spécialisés du Québec

Welcome Speech 1:30 PM - Keynote 2:00 - 3:00 PM

Afternoon Workshops 3:15 - 5:30 PM

Evening Workshops 7:00 - 9:15 PM

Session 1

Discovering More of Ourselves: Self Awareness in the Workplace

by Frank Delano, LMSW & Noor Almaoui, LCSW

Professional Package Consulting, Inc

This engaging, interactive workshop will look at ways participants can enhance their ability to use mindfulness and other techniques to identify key personal strengths to enhance their resilience when working in highly stressful work situations with children and families. This workshop will be delivered conversational style with exercises in mindfulness; facilitating reflection on ones' personal practice and professional style. In addition participants will identify where their stress is originating from and strategies to effectively minimize their stress.

Session 4

Resilience and Autism: What's Life without the Ability to Make Your Own Choices?!

by Katie Cohene & Jade Lawsane

Consultants for Autism, Lester B. Pearson School Board

Life is full of unpredictability, challenges, and stress. Being able to surmount these difficulties and to persevere through hardship is at the core of resilience. Persevering and the ability to regulate emotions is also paramount to long-term success in all developmental spheres which in turn, can greatly contribute to a positive quality of life. This workshop will address practical strategies that educators can use to provide emotional and educational support to children and adolescents who have an autism spectrum disorder. It will also look at concrete tools for helping students to understand and express their emotions as well as to adopt self-regulation tools. Many elements from the SCERTS® model (Prizant, Wetherby, Rubin & Laurent, 2020) as well as Social Thinking® Curriculum (Garcia Winner, 2020) will be addressed.

Session 2

Rowing Across the Atlantic: Realizing Dreams and Facing Fears

by Mylène Paquette

Tedx Speaker

This workshop integrates powerful lessons that can be useful for professionals in their work and personal lives. Weaving examples throughout the workshop from Mylene's own 'solo rowing journey' across the Atlantic, participants will be both inspired and encouraged to consider their own shelved dreams or projects. In this interactive workshop, educators will be encouraged to share a personal or professional project or dream that they have put aside because of fear. Taking chances in life means learning to experience fear positively and to develop new perspectives with resilience. With the facilitator's guidance, participants will explore how to make a dream or project a reality. Working both alone and in small groups, participants will identify the risks, fears, outcomes, and benefits while identifying potential allies who could support them. Participants will leave the workshop with practical lessons to bring into their personal and professional lives.

Session 5

Experience Bounce, Recover, & Flow

Senior Consultant, New Zealand & USA, The Resilience Institute

by Declan Scott, FCA

The focus of the workshop will be on participants learning the principles of BOUNCE, RECOVER & FLOW. Participants will be introduced to the Science and Practice of Resilience. We will discuss Stress Mastery and Physical Vitality whilst performing under pressure. Participants will have the opportunity to complete a self evaluation regarding their personal resilience prior to the workshop. We will also introduce the Resilience App and examine the group results from the resilience diagnostic assessment with a view to setting some personal developmental goals. Participants' personal data is completely confidential and they will have the opportunity to reassess their progress using the resilience diagnostic tool after 3 months.

Session 3

The Power of One

by Steven Atme

President Creaveristy

This workshop highlights a new film produced by Steven Atme, featuring five individuals, who through their determination, friendship and creativity created: The Power of One, a 90 minute film. The team wrote eight skits; including original creations, parodies and adaptations from diverse media. Their motto is 'pursue their goals/dreams encourage everybody to never give up and follow their dreams'. Participants will have the opportunity to watch specific sections of the film, followed by activities that will help participants make links between the challenges faced by the group and the clients they work with in schools and organizations. Participants will leave knowing that setting dreams is not only possible but essential for clients on the autism spectrum.

Session 6

Suicide Prevention with Youth and Young Adults: Build on Protective Factors

by Kees Maas, Ph.D

Clinical Psychologist, Private Practice and Clinical Supervisor at Université de Montréal

This workshop will first provide an overview of vulnerability and protective factors in the risk for suicide in youth and young adults. Participants will gain a better understanding of the importance of supportive relationships in the building of resilience. Participants will identify strategies to help youth and young adults build on their strengths, as a means to work on their personal struggles. The goal is to know how to help youth and young adults at risk to develop effective life skills and coping strategies so they can more effectively manage life challenges in the future.

Register Online:
www.qae-aeq.com
www.eventbrite.ca

This program has been approved for 6 hours from the Order of Social Workers.
For more information: lmalbogat@champlaincollege.qc.ca or tonymaciocia@gmail.com

Welcome & Keynote : \$20
Afternoon Sessions : \$30
Evening Sessions : \$30
Full Day Conference : \$70