

ANNUAL CELEBRATION OF OST PROFESSIONALS & SUMMER PLANNING CONFERENCE

SATURDAY, MAY 6

8:30am – 12:30pm

**at the
Bedford Event Center**

379 South River Road, Bedford, NH

ACROSS NH Summer Planning Conference 11:00am-12:30pm

Choose one of the following trainings:

- Prevent Burnout: Supporting Yourself and Your Staff
- Inspiring Mindfulness Education with Children in OST
- “Supervisor” School: Transitioning From Peer to Leader
- Creating a Summer Camp Community

Celebration 8:30-11:00am

- Registration
- Breakfast
- Out of School Time Slide Show
- Welcome
- Keynote: Dianne Chase, NH DHHS DES
- Afterschool Credential Awards
- Granite Steps for Quality OST Programs
- Making a Difference in OST
- Awards and Recognition

Celebration attendees will earn 1 Professional Activity (PA) unit and a Gift for their program!

Training participants will earn 1.5 hours of Professional Development. PD will be awarded in NHCIS, paper certificates will not be available.

There is limited seating, so registration is required.

The last day to register is MAY 1st

Go to: <https://www.eventbrite.com/e/579591462667>

or use the QR Code:



Free!



SUMMER PLANNING CONFERENCE

11:00am - 12:30pm

Choose one of the following optional trainings:

Prevent Burnout: Supporting Yourself and Your Staff

Are you looking to start your summer off right and improve your own well-being, as well as the well-being of your staff? Participants will learn simple practices that increase thriving behaviors in themselves and their staff. From navigating the waters of leadership to sharing best practices, insights, and tools around building and sustaining a great team, this training has it all. We will explore the root causes of burnout and how to both heal from and prevent burnout for ourselves and our teams. Additionally, we will experiment with boundary setting as a way to sustainably and compassionately support those we lead and serve. By the end of this training, attendees will gain access to free resources such as a well-being measurement tool and activities to continue the learning and practices that benefit both themselves and their staff. *Presented by Theresa Peck*

“Supervisor” School: Transitioning From Peer to Leader

Summer is just around the corner, and you are taking on a new supervisory role! You’re here because someone saw something in you that they believed would make you a great leader. You are excited to take on this new role but might be wondering - what exactly does a supervisor do? We will discuss everything from upholding policies and managing the responsibility of keeping everyone safe to how to effectively lead a group of your peers. This workshop is appropriate for people who are new to supervisory roles and for those looking to build skills and grow their leadership toolbox. *Presented by Sondra Jones*

Inspiring Mindfulness Education with Children in OST

Mindfulness Education can be a valuable addition to any out-of-school time (OST) program's Social and Emotional Learning (SEL) efforts to promote attention, emotional regulation and kind and caring relationships. This workshop will provide an overview of Mindfulness Education with children, including essential strategies to build into your programs. We will explore some available curriculum, activities and other resources. Come join us for more than a mindful moment! *Presented by Rick Alleva.*

Creating the Summer Camp Community

This training is designed to explore the value, implementation, and facilitation strategies of Full Value Contracts, Group Norms, Debriefs, and Reflection activities used to create a positive, supportive, and rewarding summer camp community. This is a hands-on learning environment offering practical and user friendly activities to enhance the summer camp community experience! *Presented by Forrest Carter, Jr.*