

## CARING FOR YOURSELF AND OTHERS - NURTURING CONNECTIONS FOR WELLNESS

### KEYNOTE ADDRESS - SUPPORTING EDUCATOR WELLBEING, DR MARY O'KANE

**Working with young children is acknowledged as being challenging both physically and psychologically. Even so, Early Years Educators demonstrate very high commitment to the children in their care. However, you cannot pour from an empty cup, and in this Keynote Mary explains the impact of stress on our lives, and looks at how Educators can support their own wellbeing and avoid burnout.**

**Participants will also have the opportunity to attend 2 of 3 workshops, details of all workshops are on page 2.**

### CONFERENCE DETAILS

**Date:** Thursday 29th February 2024

**Time:** Registration from 9am, the conference will take place 9.30am - 3pm

**Venue:** Tullyglass Hotel, Ballymena

To book a place, please follow the link below:

**<https://forms.office.com/Pages/ResponsePage.aspx?id=8DtzjS5ESUS3R6dl6jWf-DHRhNjE5ctKmsLhRlgWhKVUMDBDTUdaNEVCUEVZT05T0ThJSzU1TU1XUS4u>**



### AT A GLANCE

- Participants will have the chance to attend 2 workshops
- Information stands from relevant early years representatives available
- Exciting entertainment session after lunch
- Free resource pack for every participant
- Raffle prizes to be won!



For further information please  
contact  
[ashleigh.brown@hscni.net](mailto:ashleigh.brown@hscni.net)

## **Workshop 1 Facilitated by Joanne Montgomery**

### **A Different Language – What's Your Story?**



This 'non-reveal' workshop helps set your life story in context. It helps remove the stigma connected to 'mental health' and allows staff to gain valuable insight into supporting their own emotional wellbeing. It illustrates how each of us can acknowledge, connect, and accept our life story as one that is unique to us. We then use this knowledge to individually create a roadmap to achieving better emotional health and life balance. The workshop empowers staff to be compassionate in using this language with their own families and the many families/networks they work with, impacting on the life of every child in their care.

## **Workshop 2 Facilitated by Dr Mary O'Kane**

### **Supporting Anxious Children**



All children worry at times, but for some children it can be a real challenge to manage their anxieties. Educators play an important role in helping children to both understand and to manage their anxiety. In this workshop Mary explains anxiety in children, why it occurs, and the physical and emotional impact. She also offers educators practical advice on how to support anxious children, helping them to manage their fears and gain confidence.

## **Workshop 3 Facilitated by Fiona Condon**

### **The Importance of Raising Emotionally Intelligent Children**



Recent research shows the importance of supporting children's emotional health and wellbeing. If we want to look after our children's mental health and protect them from things like anxiety, depression, self-harm, substance misuse, and suicide then we must teach them how to understand and manage their emotions in healthy ways. This workshop will help practitioners to understand and support children to manage their big emotions and behaviours in a way that nurtures their mental health as well as reducing problematic behaviours.

