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*Fearless*

*Authors*

*who are*

*Mindful*

*Educators*

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Eastern Area Council invites Members, Women Educators and Pre-Service Teachers to join our Virtual/Zoom Conference

**Saturday, October 3, 2020**

Conference Schedule

10:00 to 10:20:

Welcome: Barbara Keis, Conference Chair

DKG Collegial Membership Presentation: Deborah Bedard, NYS Past President and State Membership Committee Chair

You will choose one of the sessions to attend

10:30 to 11:30: Session 1

**A STEAM APPROACH TO CHILDREN'S LITERATURE**

PRESENTERS: RENEE PEARCE, KAYLIN MORRAN

Work with Teachers/Authors to learn how to use and integrate multiple curriculum areas to create and publish a book that aligns with New York State Standards.

10:30 to 11:30 (Both workshops): Session 2

**MINDFULNESS: TECHNIQUES AND STRATEGIES FOR ADULTS AND CHILDREN**

PRESENTER: JOY BERGINS, CERTIFIED CHILD THERAPIST

Joy will show the participants how they can practice simple Mindfulness techniques to help with stress, feelings and health.

**FEARLESS LIVING: TOOLS TO TAKE CONTROL OF YOUR LIFE**

PRESENTER: ALICE COLEMAN, CERTIFIED FEARLESS LIVING TRAINER

Alice will lead the participants through activities that will show how to approach your life with purpose and improve health and friendships

11:30 to 12:00

**Closing Remarks and time for collegial connections/questions with members/women educators from across New York State**