

TRUSTEE CONFERENCE REPORT

Please attach to your Professional Development/Conference Expense Reimbursement Form. Thank you.

Name: Kathleen Woodcock Date Submitted: Dec. 14, 2015

Name of Conference: 2015 Principals' Conference

Sponsoring Organization: _____

Theme (If any): "Balance"

Conference Dates: Dec. 10, 2015 to Dec. 12, 2015

Location: Oakwood Resort, Grand Bend, Ontario

Workshops/Seminars/Presentations/Keynote Speeches Attended:

(Include a brief Summary)

Theme of 'Balance' – More than ever before, we play many different roles in our lives. We are workers, parents, spouses, friends, caregivers and volunteers. As well, we must make room in our lives for taking care of our own physical and mental well-being. Achieving balance among all our competing priorities can be difficult.

Cassie Campbell-Pascall – Former Captain of the Canadian Women's Hockey Team. Drawing on her accomplishments as the captain of the gold-medal winning Canadian Women's Olympic Hockey Team she explored themes of leadership, teamwork, motivation and determination.

In addition to her current position as a rink-side reporter for Hockey Night in Canada, Campbell-Pascall is a philanthropist, running an annual street hockey tournament that to date has raised funds for the Ronald McDonald House.

I was interested in Ms Campbell-Pascall's depiction of teamwork and how a team can come together successfully in a common cause despite differences of opinion.

Jim and Jennifer Moss – Co-founders of Plasticity, a firm that works with organizations to answer the question of how does happiness drive performance, they shared techniques and provided thought-provoking questions for the group to answer and think about in their own lives. A life-changing incident in 2009 set them

on a path to uncover how they might build a more positive work environment. Their experience taught them that a happier work- life spills into all aspects of our personal and professional lives.

The activities they provided in their presentation gave me an opportunity to take time to think about where I am on a happiness scale.

Séan McCann – One of the founding members of Great Big Sea, Séan shared his story of recovery from abuse and alcohol using his talent as a musician to tell that story.

He has recorded his story in song on a solo project, entitled Help Your Self.

Through song and talk, Sean gave the audience a glimpse of how one person who is using what works for them, i.e., music, to achieve balance in their life. Additionally, Séan emphasized the importance of the support from his family as a building block of his recovery.

I found this speaker particularly insightful and connected with his use of music as a healing technique.

Amanda Weber – A success coach who brings together the science of happiness, with the ancient wisdom of meditation and mindfulness and through tiny habits that can help people find greater success in their lives; at home, at work, in dealing with stress and finding balance.

The group participated in some breathing/mindfulness techniques that demonstrated how we can use them to keep centred and focused in our personal and professional lives.

She shared one story about inner conflict between positive and negative feelings. Moral of the story: being aware of the emotions we are feeding allows us to make shifts that bring about greater happiness, health and success. She left us with a hand out (see chart below) to remind us of the story and to keep us focused on a positive perspective.

What wolf are you feeding?

Anger	Gratitude
Envy	Acceptance
Regret	Humility
Fear	Kindness
Arrogance	Compassion
Self-Pity	Truth
Guilt	Generosity
Judgment	Empathy
Self-Doubt	Hope
Superiority	Understanding

The opportunity to network and spend time with principals, vice-principals and senior administrators at this conference has left me with a very positive perspective. We are so often too busy to take note of exactly where we are as individuals on the happiness scale, in both our personal and professional lives. More importantly, this inattention to our ‘happiness level’ can have increasingly dangerous consequences on our physical and mental health if not addressed.

Materials Taken Away:

General Distribution

Trustee Distribution

Staff Distribution: Name of Staff Member: _____