TRUSTEE CONFERENCE REPORT

Date Submitted: August 9, 2016
Name of Conference: Principal’s Conference
Sponsoring Organization: ________________________________
Theme (If any): _______________________________________
Conference Dates: December 10 to December 12, 2015
Location: Oakwood Inn & Resort

Workshops/Seminars/Presentations/Keynote Speeches Attended:
(Include a brief Summary)

Plasticity - Jim & Jennifer Moss
on a mission to help billions of people to find the tools to live a happier life
only 2 minutes of thinking about something for which you are grateful will get you into a happy mood for the day
used the postivitiy and gratefulness to achieve his goal
asking kids what made them happy that day caused them to begin to notice what makes them happy
using classrooms to ask the what made themO happy
the smile epidemic was a blog then a facebook page but started with asking kids
Martin Seligman PERMA
Postivie emotions
engagement
positive relationships
meaning
accomplishment

Science of Happiness
look at the brain science of happiness
amygdala manages fight or flight - reduce prefrontal cortex by 35% this is the impact of unhappines reduce decision making capacity
reduced creativity and innovation
reduced ability to focus and follow through
increased emotional reactivity
A study by TTeachers ASSurance revealed 76% teachers believe workplace stress is making them ill
56% belive they would do a better job is they were less stressed
40% feel that they argue more with their parents and friends as a result of pressures that they face
83% said that they feel constantly exhausted because of work
start with 10 students and lose 30% how do you function?
you can attend to 40 things at a time
by asking him to report each day on things you are grateful - you replace 10 things that are negative or neutral with 10 things that are positive

Definition of Happiness
the joy we feel while striving for our potential
Workplace Happiness
"the joy we collectively experience as we strive to reach our collective potential"
So, How Do we Improve It?
Ruby REmptionists
not in your office
you go through an offline
21 day gratitude journal activity
60% improvement
practicing gratitude saves over $250,000 per year in time and efficiency
tech innovations and data can lead the way
if you do it for 28 days, it becomes easier each day
around 15 days, people start to notice changes
behavioural reinforcement
Working with WRDSB
very Grateful and Very Excited about interest from everyone
commitment of the Senior Leadership
The Hero Traits
Hope
Efficacy
Resilience
Optimism
Gratitude
Empathy
Mindfulness
Hope
belief that there must be a way to accomplish your goal, if people high in hope stumble in their efforts, they get up
Hope is the belief that there is a path to the solution, and the willpower to find it
Activity
How hopeful do you think you are on a scale of 1-1000
think of a time when you have exhibited hope in the face of adversity
when has will power led you towards a positive outcome
Discussion
How can hope impact the work that we do?
BHAG - big hairy audacious goals
Efficacy
self efficacy is confidence in your abilities - your effectiveness, it is a belief in your ability to produce a necessary level of performance, or to influence the events that affect your performance
Activity
1) how efficacious do you think you are on a scale of 1 to 100
2) share one thing which you feel you have the highest level of efficacy
3) what things in the past have made you feel efficacious at something
Discussion - Why would efficacy improve the work that we do
Resilience
resilience is the ability to bounce back - the ability to endure and rebound from failure, conflict or adversity. It is your ability to take life's twists and turns in stride. Resilient people accept reality as it is and deal with it - they also have an incredible ability to improvise and adapt to changes
Activity
How resilient do you think you are on a scale of 1 - 100
When is a time that you have had to be resilient at work? in life?
what are some of the traits you exhibited when you've been resilient - hope, self care, resilience experience (self empathy), all the hero attributes, courage
Discussion - Why does resilience matter so much?
Optimism
Optimistic people tend to see things in a positive, favourable light. If something good happens, a highly optimistic person would see it as a lasting and important event. If something bad happens a highly optimistic person would tend to brush it off as "no big deal" In some cases, optimism can be taken too far.
Activity
1) How optimistic do you think you are on a scale of 1 to 100
2) What is the difference between blind optimism and healthy optimism
Discussion - How could Optimism drive innovation

Amanda Weber
When you're stressed, you eat ice cream, cake, chocolate and sweets. Why? Because "stressed" is desserts spelled backwards.
People wear stress like a badge of honour

- Stress - what is it? How does it impact you?
- fight or flight response
- parable of the two wolves (Cherokee)
- people tend to the negativity outlook to keep people alive

it keeps us focussed alert and alive

Getting Good at Emotional Stress
- 4 Steps to Success! notice it
- name it
- breathe.....
- reframe it
- learn to slow your breathing
- watch a baby breathe
- allow you fight flight to spike and then allow yourself to come back to balance
- if you are drinking water(8 glasses), everytime you stop to go to the bathroom take 5 long deep slow breaths
- her son said now that you are happy, I don't feel guilty when I feel happy

Emotional Stress
- judgy
- tired
- angry
- overwhelmed
- fragile
- frustrated
- anxious
- cocooned
- rest
- digest
- heal
- peace
- calm
- relaxed
- content