

# March 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3	4 CCRR Open 8:30am-6:00pm	5	6	7 CCRR Open 8:30am-12:30pm
8	9	10	11 CCRR Open 8:30am-6:00pm	12 Leading with Care; Building a Culture of Emotional Wellness and Resilience 6:30pm-8:30pm via Zoom	13 CCRR Open 8:30am-12:30pm	14 CCRR Open 8:30am-12:30pm
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Click here for the link

## Leading with Care; Building a Culture of Emotional Wellness and Resilience

March 12th 6:30pm-8:30pm via Zoom



Join us for a deep dive into emotional wellness and resilience - let's build a culture of care together!

Supporting the well-being and resilience of educators is just as important as supporting the children and families in your program. This workshop is designed specifically for administrators and leaders who want to create a culture where educators' well-being is a true priority in early years settings.

Together, we will explore how leadership practices directly influence staff morale, resilience, and overall workplace culture. Key topics include:

- Recognizing the signs of stress and burnout in educators
- Leadership strategies that foster trust, connection, and open communication
- Practical approaches for modeling wellness and self-regulation as a leader
- Building supportive systems and policies that promote balance and sustainability
- Creating a safe and inclusive environment where educators feel valued and heard

Participants will leave with practical strategies and tools to strengthen their leadership practice, reduce stress within their teams, and foster a positive, nurturing workplace culture that benefits both educators and the children they care for.

This session is facilitated by Julie Hansen, who became an Early Childhood Educator in 2000 and has spent more than two decades working in and alongside early years programs. Her experience includes serving as a preschool director, supervising after-school care, and leading both 3-5 and Infant Toddler programs. Julie has published articles in provincial and national ECE journals on emergent curriculum and leadership, and she is deeply committed to supporting fellow educators and leaders in creating high-quality early learning experiences while sustaining their own well-being and professional growth.