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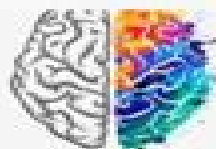
- AGILE PRACTICES
- SCRUM MASTER
- COACHING
- DEVOPS
- FULL STACK DEVELOPMENT
- VISUAL FACILITATOR



- TECHNICAL MASTERY PAIRING / COHORT
- PEERS TO CONTINUE MY COACHING JOURNEY
- FAMILY ❤️

SUPPORT

- BUILD A COMPANY AND CLIENT RELATIONSHIPS IN AN AREA I AM PASSIONATE ABOUT
- WORK WITH OTHER EXPERTS AND LIKE MINDED COACHES



- RHODESIAN RIDGEBACKS (DOGS)
- OUTDOOR FAMILY FUN
- MORNING BOOTCAMPS
- CYCLING

INTEREST

WIIFM
what's in it for me



BETTER. BETTER TEAMS, BETTERS OUTCOMES, BETTER ENVIRONMENTS

PERSONAL MOTO

Personal Shield Activity

Gershen Kaufman, Lev Raphael



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Training For Dummies Elaine Biech, 2011-03-04 Tackle training and development the fun and easy way so you can share your specialized knowledge with others Millions of Americans train others as part of their jobs Whether you re an employee training your co workers on a new process or skill a volunteer asked to train new volunteers a chef training your staff or a paramedic giving CPR training it s just as important to know how to teach others as it is to know what you re talking about It doesn t matter how much you know about your subject if you can t share it with others And that s where Training For Dummies comes in it offers all the nuts and bolts of training for anyone who has to educate others on any subject and in any field and it s written in plain English Covering all the modern interactive instructional methods and dynamic training approaches available this hands on guide will help you inspire trainees and keep them engaged throughout the training program You ll discover How to master the jargon of training The keys to using audio and visual aids effectively How to prepare for the training certification process Helpful ways to evaluate your results and improve your tactics Tips techniques and tidbits for enhancing your training sessions Methods that improve trainee participation Alternatives to the traditional lecture method Tactics for gauging and managing group dynamics Strategies for addressing problems in the classroom Hints for understanding and adapting to different learning styles Resources and other extra material you can immediately use The book has a part dedicated to the training profession so if you re interested in becoming a professional trainer you ll learn how to upgrade your skills and knowledge and what the trainer certification process entails You ll also gain a perspective on other aspects of the field of training Additionally Training For Dummies shows you ways to inject humor into your training sessions ideas for saving time in the training room and icebreakers that actually break the ice Get your own copy to start flexing your training muscle today Fly High 3 Teacher's Manual 1st Ed. 2006 , **The Joyful Family** John S. Dacey, Lynne

Weygint, 2002-01-31 How can you bring more joy into your family By creating situations and celebrations that bring the family together for meaningful moments The Joyful Family presents more than 70 tools and activities for creating and maintaining family togetherness and provides concrete strategies for designing new traditions The book is organized into the different types of events that can be marked by celebration with chapters such as Marking Milestones and Making the Ordinary Special Each chapter contains 4-6 wonderfully guided activities complete with situations objectives and lists of materials needed At the core of the book are heartfelt stories from the lives of the authors and their students and clients

Sexual Abuse Jolene Oppawsky, 2011-10-26 DR OPPAWSKY provides in this book on sexual abuse treatment for children and adolescents authentic theory based clinical activities to be used with children and teens in group or individual therapy The connections to models and theory are for use by those clinicians and educators that want to deepen their understanding of what drives the treatment Each chapter is focused around sensitive case vignettes which tell the stories of the children and adolescents Moreover Dr Oppawsky demonstrates in the vignettes the application of the activities and techniques used

when treating these clients **Stick Up for Yourself!** Gershen Kaufman, Lev Raphael, 2020-06-30 Fully refreshed to address modern issues this popular essential guide helps kids build self confidence and assert themselves Using simple words and real life examples this book shows kids how to be assertive with other kids and with adults Kids will learn to feel better about themselves stronger and more secure inside and more in charge of their lives They ll read about effective ways to deal with intense feelings and to build self esteem and self confidence In addition they ll learn strategies for building inner security to cope with powerlessness and uncertainty and discover ways of protecting themselves when using social media

The Witch's Book of Self-Care Arin Murphy-Hiscock, 2018-12-11 From Wiccan author Arin Murphy Hiscock comes this fantastic guide to spiritual self care with a witchy bent The Witch s Guide to Self Care contains recipes for products and spells for self restoration Bustle Self care and magic work together in this guide to help you become the best version of yourself You ll learn how to nourish your body and spirit with herbal remedies spells and rituals inspired by witchcraft in this unique enchanted guide to self care Self care is a necessity for any modern woman The goals of self care are simple healthy mind healthy body healthy spirit This book helps you prioritize yourself with a little help from the magic of witchcraft The Witch s Book of Self Care has advice for pampering your mind body and spirit with spells meditations mantras and powerful activities to help you to keep healthy soothe stress relinquish sadness channel joy and embrace your strength This book features such magical self care remedies A Ritual to Release Guilt Learn to burn whatever causes you pain and process painful memories or work through heavy emotions in this therapeutic ritual Green Space Meditation Learn how to reconnect with the healing energies of nature even in the middle of a bustling city as part of a series of meditations based on the elements and your senses DIY Body Butter Create your own custom soothing and smoothing body butter powered by crystal and essential oils suited to your intention and sanctified by a ritual And much more The Witch s Book of Self Care shows you how easy it is to connect to the earth harness your personal power and add a little magic to your everyday life for a better you **Your Child's Social and Emotional Well-Being** John S. Dacey, Lisa B. Fiore, Steven Brion-Meisels, 2016-03-02 Your

Child s Social and Emotional Well Being provides a practical guide full of proven strategies for promoting social and emotional learning SEL skills in children aged 4 16 A practical guide designed to support parents and education professionals in developing social and emotional skills in children a form of learning that can be neglected in formal education Demonstrates how to foster social and emotional learning SEL at home and in the classroom and shows how parents and professionals can work together for success Includes a wealth of exercises for promoting social and emotional wellbeing along with tips tools and coverage of new developments such as computer assisted instruction Written by authors with a wealth of practical and writing experience **Integrating SEL into Your ELA Curriculum** John Dacey, Lindsey Neves Baillarger, Nancy Tripp, 2018-11-08 In this helpful book you ll learn how to seamlessly infuse social emotional learning into your middle school English language arts curriculum With the growing emphasis on student assessment and

learning outcomes many teachers find they lack the time and the encouragement to begin implementing SEL techniques into their instruction This book offers a solution in the form of practical lesson plans all of which can be implemented without tedious preparation and all of which are designed to boost self awareness self management social awareness and other key SEL skills Your students will discover how to Practice mindfulness and think positively Exert self control and employ self management skills Become independent thinkers and make sound decisions Be resilient and develop a growth mindset Improve relationship skills and avoid bullying Be authentic and develop leadership skills And much more Each activity is ELA focused so students will develop social emotional learning while meeting key literacy objectives such as reading a nonfiction speech looking closely at symbolism analyzing Shakespearean sonnets and more The book also includes reproducible tools for classroom use You can photocopy them or download them as eResources from www.routledge.com 9781138345263

Step Ahead 2 Textbook (Special/Express/NA) , *Pedagogy in a New Tonality* Peter Gouzouasis, 2012-01-01 This is a book for teachers by teachers from elementary school to university level classrooms It is about the use of creative instructional strategies in K 12 classroom settings and the transformations the teachers made in their journeys from being traditional practitioners to becoming pedagogical in their approaches to teaching and learning across the curriculum Over twenty teachers conducted research in their classrooms on the implementation of creative strategies tactics graphics organizers and visual journals in teaching and learning They have written their inquiries in a narrative style informed by various forms of arts based educational research Their research is approachable and usable by other teachers who are interested in becoming reflective reflexive practitioners Many of the strategies tactics and graphics organizers are described by Barrie Bennett in his widely used textbook *Beyond Monet The Artful Science of Instructional Intelligence* However through their journeys of becoming teacher learner researchers many discovered numerous creative variations of Bennett s work as it was implemented in their classrooms While there are many professional books that provide ideas on collaborative learning and creative teaching approaches there is very little published research on the efficacy of these concepts in the K 12 classroom These inquiries provide practical insights into how inspired teachers can conduct research on improving their own practice as well as on greatly improving their students learning Thus this book has widespread interest for teachers and administrators who seek to implement systemic changes in the ways that teachers teach and children learn in the 21st century

Integrating SEL into Your Curriculum John Dacey, Gian Criscitiello, Maureen Devlin, 2017-11-27 In this helpful new book John Dacey Gian Criscitiello and Maureen Devlin show you how to seamlessly infuse social and emotional learning into your curriculum With the growing emphasis on student assessment and learning outcomes many teachers find they lack the time and the encouragement to begin implementing SEL techniques into their instruction This book offers a solution in the form of practical lesson plans for grades 3 5 in ELA math social studies and science all of which can be implemented without tedious preparation and all of which are designed to boost creativity cooperation concentration and critical thinking

Your students will learn how to Evaluate the costs and benefits of their decision making Connect daily choices to an overarching sense of purpose Judge independently and pursue self awareness Assess harness and transform emotions as a strategic resource Gain energy from personal values and commitments and Practice mindfulness and think positively Each chapter contains a number of reproducible tools that can be photocopied from the book or downloaded as eResources from the book product page at www.routledge.com/9781138632066 **Keys to Personal Success** Rochester Institute of Technology Staff,2000-08 **A Teacher's Guide to Stick Up for Yourself!** Gershen Kaufman,Lev Raphael,2020-06-30 This teacher s companion to a classic book for kids provides tools for building self esteem and personal power Without self esteem kids doubt themselves and may turn to unhealthy habits as a way of coping With self esteem kids feel secure are willing to take positive risks and are resilient in the face of challenges This teacher s guide expands the messages of Stick Up for Yourself teaching self confidence and how to be assertive with easy to use sessions Created for the classroom these sessions can also be used in other group settings including counseling groups out of school programs community programs and more Digital content includes reproducible handouts *The Bi-Personal Field* Antonino Ferro,2003-09-02 In *The Bi Personal Field* Antonino Ferro sets out his new conceptual system for analysis considering not only the inner world of the patient but the continued interaction of that world with the inner world of the analyst The book takes a fresh look at the main aspects of theory and technique in psychoanalysis in the light of Kleinian developments It reflects the drastic changes due to the thinking of Bion Illustrated with numerous detailed clinical examples the author claims that the basic focus of the analytic relationship is the conscious and unconscious interpersonal intersubjective processes going on between the analyst and patient **ACSM's Resources for the Personal Trainer** American College of Sports Medicine,2013-03-22 ACSM s Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs *Personal Responsibility* Alexander Brown,2009-09-30 Personal responsibility is now very much on the political agenda But what is personal responsibility Why do we care about it And what if anything should governments do to promote it This book explores the idea that individuals bear a special responsibility for the success or failure of their own lives looking at philosophical theories political ideologies and public opinion on the subject Alexander Brown lends support to a recent move in political philosophy to deal with real world problems and shows how philosophy can contribute to public democratic debate on pressing issues of personal responsibility Articulate provocative and stimulating this timely book will make a significant contribution to one of the most important debates of our time *Creative Expressive Activities and Asperger's Syndrome* Judith Martinovich,2006 Martinovich combines activities such as art making drama music puppetry yoga and

photography with conventional cognitive behavioural interventions to support individuals with AS The different activities complement and reinforce each other and are designed to address specific traits of the autism spectrum to aid skills development

The Art of Personal Spiritual Warfare David Thomas,2021-07-30 Planning and Preparing for Battle Have you ever come through a crisis bewildered battered bruised and wounded and wondered what on earth happened to you Where did this attack come from Why were you attacked How could this have been handled differently by you In this book the need for teaching people how to prepare and plan for battle is discussed in depth This first book in the series The Art of Personal Spiritual Warfare Book 1 The Five Factors will train and prepare you to be a seasoned soldier of Jesus Christ The remaining books deal with Selection and Training The Enemies We Face Weapons and Weapons Training and Hand to Hand Combat In this book you will be taught how to prepare yourself and your team for battle Secondly it will help you plan for battle It is a step by step guide in training you to become an effective soldier and leader It will help you to understand the Art of Warfare and teach you to apply it to every aspect of your life in order for you to live in the freedom that Christ has given you without any fear of it being stolen or destroyed by the enemy

The Power to Stop Any Out-of-Control Behavior in 30 Days Karen Bentley,2012-04-01 LOVE IS THE SOLUTION The Power to Stop is a 30 day do it yourself spiritual recovery training program that teaches how to stop out of control behaviors bad habits or substance abuse problems The secret of success is the experience of self love which is learned through four practical easy stopping skills The Power to Stop accelerates personal growth restores connection with God and renews deep rich meaning in life Take the happy leap from wasting your life to saving it with love

Community Research for Participation Goodson, Lisa,Phillimore, Jenny,2012-07-18 Presenting the latest thinking in the field this book bridges a major gap in knowledge by considering both theoretical and practical issues relating to community research methodologies

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