

SKILLS

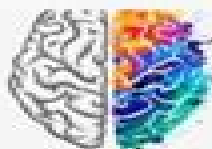
- AGILE PRACTICES
- SCRUM MASTER
- COACHING
- DEVOPS
- FULL STACK DEVELOPMENT
- VISUAL FACILITATOR



- 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

Antonino Ferro



Personal Shield Activity:

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 **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

First-Time Leader George B. Bradt,Gillian Davis,2014-01-22 First time leaders get motivational and planning tools from top executive coaching firms The First Time Leader provides basic frameworks processes and tools to help first time leaders and their teams deliver better results faster Leading is about inspiring and enabling others to do their absolute best together to realize a meaningful and rewarding shared purpose Authors George Bradt Managing Director of PrimeGenesis and Gillian Davis Managing Director of AlanKey show how to achieve these results through the BRAVE acronym Behaviors Relationships Attitudes Values Environment Learn the three stages of team development and get advice for specific leadership situations including onboarding yourself onboarding others and crisis management Offers a way of thinking about leadership and a structure for action to help first time leaders lead at both overall conceptual and tactical levels Includes downloadable tools that are easily adaptable for each leader s specific context Contains illustrative examples and stories from a range of experienced leaders and experts to help guide first time leaders through things they may not have experienced themselves The First Time Leader shows new leaders what to do next later never why and how It s an indispensable guide for stepping up and inspiring others to come together for success

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

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

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

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

Step Ahead 2 Textbook (Special/Express/NA) ,

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