



# Four County School Boards Association



## General Membership and Professional Development Meetings

**"Taking Care of your Staff during these Demoralizing Times to Avoid Burnout"**

Presented by:

**Erica Ebert** - WFL BOCES Staff Development Trainer for Social Emotional Learning

**Lisa Brockhuizen** - WFL BOCES TCI Trainer

Bio's on page 2

Essential Question - Specific to today's culture & climate, how can we support the mental, physical and emotional wellness of our educators and administrators?

### THREE-PART SERIES

Meeting Dates:	Times:	Where:	Practices and Strategies For:
1 <sup>ST</sup> Tuesday, March 29, 2022	6:15 pm	Zoom	Brain Basics & Stress Response, Understanding of Trauma & Trauma Based Reactions (pain based behaviors)
2 <sup>ND</sup> Tuesday, April 26, 2022	6:00 pm	Zoom	The Impact of Trauma Based Reactions, Understanding Compassion Fatigue (Vs. Burnout)
3 <sup>RD</sup> Tuesday, June 21, 2022	6:00 pm	Zoom	The Importance of Connection - Understanding Co-Regulation (Vs. Co-Escalation)

PLEASE MAKE RESERVATIONS NO LATER THAN NOON ON DAY OF MEETINGS  
Zoom meeting links will be sent out on the day of each meeting to those who register to attend.  
They will also be posted on the Members Only Page on the Four County SBA website.

Website: <https://www.fourcountysba.org/> E-mail: [4countysba@edutech.org](mailto:4countysba@edutech.org) Phone: (315) 332-7294

THERE IS NO CHARGE FOR ZOOM ATTENDANCE

School District: \_\_\_\_\_

Name and email address of each attendee & please indicate which meetings they will attend:

		3/29			3/29
		4/26			4/26
		6/21			6/21
		3/29			3/29
		4/26			4/26
		6/21			6/21
		3/29			3/29
		4/26			4/26
		6/21			6/21
		3/29			3/29
		4/26			4/26
		6/21			6/21

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## Presenter's Bios

### **Erica Ebert, Staff Development Trainer for Social Emotional Learning**

Erica has been in education for 25 years. She began her career as a High School English teacher. After leaving the English classroom, Erica worked at: BOCES 2 as a Professional Development Specialist, WEMOCO (Career & Tech) as an Instructional Specialist and, before joining WFL BOCES as the Staff Development Trainer for SEL Erica developed and led the Mindfulness exploration in the Webster CSD. The development of that exploration led Erica to speak and introduce Mindfulness across Section V and nationwide. Erica is a level two MBSR teacher through Brown University and will soon complete her certification in MBSR.

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### **Lisa Brockhuizen, TCI Trainer**

Lisa is a school psychologist who has worked for the Wayne Finger Lakes BOCES since January 1991. For the majority of her time, at the WFL BOCES, she worked with our P16 Social Skills Development program supporting children and families. Her passion has been working with youth with strategies that support them both emotionally and academically. Through this work, she strives to help other educators create not only a safe environment, but also one that promotes growth and development of Social and Emotional learning. She is certified trainer for Therapeutic Crisis Intervention through Cornell University. Part of Lisa's work includes supporting both the P-16 sites and the region with Therapeutic Crisis Intervention training. Lisa is a licensed trainer through International Institute of Restorative Practices. She believes that the philosophies behind these practices is the most powerful way to develop a sense of safety for both staff and students to grow both academically and emotionally, while building a community of trust. Currently, she uses her years of experiences and expertise in the area of social emotional learning and crisis intervention to partner with fellow educators across the WFL BOCES region.

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