# PLH PROFESSIONALS IN BRANT

### Supervisor's Symposium

Location: In Person Workshop at the Dunn Building 344 Elgin St., Brantford Date: Friday November 22<sup>nd</sup> Time: 9:00 am – 2:30 pm Special Guest Speaker-Nicki Straza



Nicki's passion and energy is contagious as she brings over 25 years of leadership and organizational experience to the table. She believes that flourishing leaders build flourishing cultures. She is a Certified Flourishing Coach & Trainer who specializes in workplace culture and supporting leaders and educators in their growth journey.

She is the owner of Straza Solutions and is an author, speaker and curator of developmental experiences and workshops. She has two adult children and lives with her husband in Brantford, Ontario.

#### The Morning Session Workshop:

**Flourishing as a Leader:** Everything in our lives flows out of who we are, but so often our own self-care, self-regulation, and emotional skill building are pushed to the side to make way for the very real and demanding pressures or leadership. In Flourishing as a leader, we explore our strengths as a leader along with key strategies for navigating stress, practicing boundaries and self-care, and strengthening communication to reduce our chances of burnout.

#### The Afternoon Session:

#### **Cruise Ship Crisis Escape Experience:**

Join us as we navigate the challenging waters of emotional intelligence in this fun yet thought-provoking escape experience. Can your team call for help in time?

## To register please call the Learning Hub at 519-759-3833 or email <u>registration@eycbrant.ca</u>