

# CULTIVATING EMOTIONAL RESILIENCE



ELENA AGUILAR



**VIRTUAL KEYNOTE**  
LIVE And Asynchronously  
3:30 - 5:00 PM CT  
OCTOBER 23, 2023  
1.5 PD Hours

## TWO VIRTUAL EVENTS ONE THEME

In her keynote presentation, Elena will share how to use specific strategies to cultivate the emotional resilience needed to build equitable schools. Participants may anchor in their values and purpose, explore how to navigate uncomfortable emotions, and learn why emotional resilience is the missing element in most equity endeavors.

Elena Aguilar is a writer, leader, teacher, coach and podcaster. She is the author of six highly acclaimed books including *Onward: Cultivating Emotional Resilience in Educators* (2018). Elena is the founder and president of Bright Morning Consulting, an organization committed to helping individuals and organizations create the conditions for transformation. She has taught tens of thousands of folks how to have conversations that build a more just and equitable world.

**ONWARD WORKSHOP**  
LIVE VIRTUAL 3:30 - 5:00 PM CT  
OCTOBER 25 & 26, 2023  
3 PD Hours

**ATTEND EITHER for \$ 199  
OR ATTEND BOTH for \$ 249\***  
(\*IL ASCD Members, non-members \$298)

Education is a physically and emotionally demanding field, and successful educators must intentionally develop their own resilience in order to thrive. This virtual workshop will provide you with the tools to do just that. Participants will explore the habits and dispositions of resilient educators outlined in Elena Aguilar's *Onward: Cultivating Emotional Resilience in Educators*. They'll spend time learning about themselves and develop a deeper awareness and understanding of their emotions. They'll use this to help them to recognize entry points into cultivating resilience in themselves and then practice strategies for continuing to develop their resilience over the long haul. As participants boost their resilience, they will discover they have the energy to do the challenging work that is required of educators. Participants also have pre-work to complete prior to the virtual-live session.

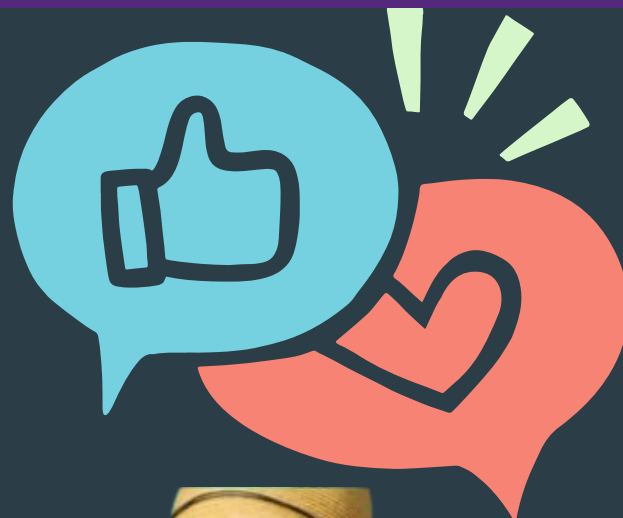
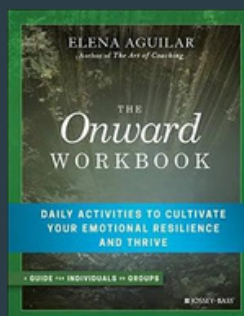
### Outcomes:

- Understand the habits and dispositions of resilient people
- Identify moments where resilience can be cultivated and use a range of strategies to do so
- Practice using resilience-building strategies in conversations
- Engage in and reflect on activities that build individual and collective resilience
- Recognize and appreciate the connection between cultivating their own resilience and building equitable schools
- Learn how to use simple strategies to cultivate their emotional resilience when building equitable schools
- Understand the critical importance of emotional resilience when building equitable schools

Participants are required to have a copy of *The Onward Workbook*. This book may be purchased through IL ASCD or on your own.



[www.illinoisascd.org](http://www.illinoisascd.org)



**Nita Creekmore**  
will facilitate the workshop

Nita Creekmore is an Instructional Coach and a presenter for Bright Morning Consulting. She taught in grades 1, 2 and 5 for 13 years before becoming Elementary School Instructional Coach. Nita is passionate about being an advocate, support and thought partner for teacher's in order to give students what they need.

Elena Aguilar

Cultivating Emotional Resilience Keynote and/or Onward Workshop

Virtual Elena Aguilar Keynote - Oct 23, 2023 - 3:30 - 5:00 pm CT - Live on Zoom or Asynchronously

Virtual Onward Workshop - Oct 25-26, 2023 - 3:30 - 5:00 pm CT - Live on Zoom



Organization/School

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Name/Position: \_\_\_\_\_

Email: \_\_\_\_\_

IL ASCD Membership # \_\_\_\_\_ IEIN # \_\_\_\_\_

**If you need to add more names, please duplicate this registration form.**

Aguilar Keynote  
**OR** Onward Workshop

\_\_\_\_\$199

Keynote &  
Onward Workshop  
Member  
Each

\_\_\_\_\$ 249

\* Includes 1 year membership

1 Person  
Each

\_\_\_\_\$298\*

2 People  
Each

\_\_\_\_\$288\*\*

3 People  
Each

\_\_\_\_\$278\*\*

\*\* 2 or more attendees from the same school district/organization.  
Does not include membership.

**Call 618-203-3993 for group rates of 5 or more people**

**I will attend :**

**Aguilar Keynote** \_\_\_\_\_ **Live Onward Virtual** \_\_\_\_\_ **Both** \_\_\_\_\_

**Illinois ASCD is an ISBE  
Approved Provider**

Conference Fees \$ \_\_\_\_\_

IL ASCD 1 year Membership Fee (add \$49) \$ \_\_\_\_\_

Copy of The Onward Workbook (\$25.00) \$ \_\_\_\_\_

Total Registration Fees \$ \_\_\_\_\_

The registration deadline is October 16, 2023. A \$15.00 fee will be charged for cancellations made in writing prior to the deadline. No refunds will be given after the deadline. Confirmation will be sent via e-mail after your registration is processed. Registrations can be transferred to another individual by faxing information to 309-438-5364 or by emailing [mdrhoa1@ilstu.edu](mailto:mdrhoa1@ilstu.edu).

Payment Information:

(Payment or purchase orders MUST accompany registration form)

\_\_\_\_ Check made payable to Illinois State University enclosed

\_\_\_\_ Purchase order ENCLOSED. Purchase order #: \_\_\_\_\_

\_\_\_\_ Charge Credit Card: \_\_Master Card \_\_Visa \_\_Am/Ex \_\_Discover  
Account Number \_\_\_\_\_

Expiration: (Month/Year MM/YY) and 3 Digit CVV code \_\_\_\_\_

Name on Card \_\_\_\_\_

**Illinois ASCD is CPS  
Approved Provider: #24595**

**How to register:**

**Online:** Use your Visa, MasterCard, Discover, or American Express card at  
<http://www.illinoisascd.org>

**Call:** 800-877-1478 or 309-438-2160,  
Mon. - Fri. 8:00 a.m. - 4:30 p.m. and use your Visa, MasterCard, Discover, or American Express.

**Mail:** Send completed form with check or copy of PO to: IL ASCD **Aguilar/Onward**  
Illinois State University, Conference Services,  
Campus Box 8610, Normal, IL 61790-8610.

**Fax:** Fax completed form to 309-438-5364 using your Visa, MasterCard, Discover, or American Express or a copy of school P.O.

**Email:** Email a completed registration form and approved PO to [mdrhoa1@ilstu.edu](mailto:mdrhoa1@ilstu.edu).