

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.



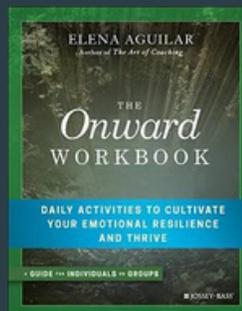
Outcomes:

- 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



Nita Creekmore
will facilitate the workshop

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



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.



www.illinoisascd.org

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.

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.