

## November, 2022

Greetings,

The season of reflection and thankfulness is upon us. It is important for our own mental health to consider what is important to us, take time for reflection, and consider what we are grateful for. For my own personal and professional growth, I have been taking time to learn more about mindfulness and resilience. One of the many ideas I have come across is gratitude journaling. Positive Psychology's website offers many different ways for reflection and journaling. Please take some time to see which idea(s) might work for you: <https://positivepsychology.com/gratitude-exercises/>.

Over the past year, our IEPD team has been talking about the work that we do, the experiences we offer, and the people we meet. We are so thankful to be a part of your lives and your professional journey. When we offer training, coaching, and consultation to help programs and educators improve quality, we are also learning from you!

During the past few months, requests have been coming in for face-to-face training and it's been a joy to interact with educators in person. We are BACK - offering in-person training, coaching, and consultation services. We even have our first book clubs, which are proving to be very impactful! We continue to offer virtual training via ZOOM and *on your own time* online workshops through our Learning Management System. We have new training topics in development - please share ideas for training topics with us at any time.

In closing, thank you for all you do for children and families. Wishing you and your family a season of blessings, good health, and good times.

Warm regards,  
*Jody Figuerido, Ph.D.*  
IEPD President