

PRESENTER BIO

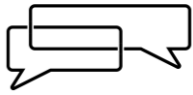
Kimberlee Johnston has played various roles in the Educational community over the course of her life. As an educator, a coach, consultant and principal, she has seen all sides of the industry and brings a unique perspective when it comes to prioritising your wellness for your sake and for the children and families in your care. In 2022, Kim founded Recess Coaching and Consulting, a practical and impactful business to support educator wellness. Throughout her career, Kim has supported, mentored and taught educators in all roles across Ontario. Recently, Kim travelled to Kelowna to speak at an International Research Forum of Educator Wellbeing. She shared voices from the front lines on the many stresses in schools today. She knows that the wellness of our employees impacts the whole system. She is a certified coach specialising in wellness within the school environment. She completed the Women in Leadership program at the esteemed Rotman School of Management with high honours and is the active past president of the Zonta Club of Brampton Caledon, a service organisation with a mission to build a better world for women and girls. With education being a female dominated career; Kim brings perspective on the role of women in the modern workplace.



Kim can guide workshops both in-person and virtually and has experience teaching on a variety of different platforms (such as Zoom, Google Meet and Microsoft Teams).

Most sessions can be adapted based on the time you're able to allocate for learning experiences (minimum 30 minutes, optimally 2 hours, or longer for a custom session).

If you feel inspired to put a custom workshop experience together, please reach out. It would be an honour to curate an experience for your community that you feel will fully meet their needs!



RECESS

COACHING & CONSULTING

Workshop Portfolio 2025



Intentional Joy

Finding time for you is essential for you AND those in your care! But how? In the session we will look at the benefits of putting yourself on your own priority list, while looking at your HUGE to do list and finding ways to manage it. This is a practical session where participants walk away with multiple strategies for prioritising work to make days more manageable, and move through exercises to identify what brings JOY as well as tips for how to make JOY a part of everyday - yes even DURING the work day!

Absolute Yes & No – Align Your Personal and Professional Values

Create work joy by clarifying your “Absolute Yes” & “Absolute No” list. This workshop gives you the private space and time to clarify values that define who you are. Through guided brainstorming, you will determine how these values are communicated to others through your actions and identify situations that pull you away from who you are. You will walk away with clarity on your “Absolute Yes and No” list, as well as strategies to bring you back to your value centre when needed.



5 Ways to Enjoy Your “Work Family” All Year Long

The children and families we serve know when there is strife in the learning environment. Try as we might to pretend to get along with all the people we work with, we just can’t like everyone. The school team is a complex system and getting right impacts all. You will walk away with multiple strategies to try. This session will set the stage for creating, repairing or redefining your work relationships.



Workshop Portfolio 2025



Joyful Back to School

Join us for easy to manage strategies to hold on to that holiday feeling as you get ready to go back to school after any break, winter, spring or summer! Return to school in a way that sets the stage for you to thrive right through to the last bell in June. Together we will identify roadblocks (real or possible), brainstorm ideas, and set up accountability measures for success. Plan to carry that well rested feeling long beyond the holidays.

Plan your perfect Summer

Are you a summer over-planner? Join us for a fun session to create your perfect summer. Create a realistic plan - make the most of your summer. Practical activities, laughter and honesty will have you identifying the summer you REALLY want to have, not the summer you THINK you should have.



Mid Summer Tune up

Why does summer move so quickly? It is never too late to relaunch your perfect summer. Come together to do an honest 'summer fun' check in. Walk away with a plan to squeeze every last bit of fun out of your summer vacation. Summer is not over!

Rates

The following will be considered when preparing your quote:

1. How much time you'd like to allocate for your professional development experience
 2. How many people you anticipate will be accessing the workshop
 3. Travel (virtual or in person)
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- **30-Minute Workshop**
 - Small Group (20 or less) \$300
 - Up to 50 People \$575
 - Up to 100 People (+) \$700+
- **1-Hour Workshop**
 - Small Group (20 or less) \$500
 - Up to 50 People \$900
 - Up to 100 People (+) \$1,430+
- **2-Hour Workshop**
 - Small Group (20 or less) \$975
 - Up to 50 People \$2,400
 - Up to 100 People (+) \$2,700+

All proposed rates include, when applicable: Workshop prep (including any calls/emails prior to the event), digital slides, handouts, where applicable.