



Melissa Pickle, Coach, Trainer & Consultant  
Phone: 907-223-4244 | Email: [melissa@firmlyflourishing.com](mailto:melissa@firmlyflourishing.com)  
[www.firmlyflourishing.com](http://www.firmlyflourishing.com)

### **You Matter**

Keynote: 45-60 Minutes

Many of us in the field of early childhood education are helpers. We put everyone else's needs before our own. This "me last" mentality is leading to significant burnout and compassion fatigue. In this keynote we focus on why it is absolutely vital to you as well as to those around you, that you engage in meaningful self-care activities. You Matter!

### **Managing Your Stress Cycle**

Workshop: 1 hour 15 minutes to 1 ½ hours

Our bodies all experience stress in multiple ways. If we do not allow ourselves to feel our emotions related to stress, we can get stuck in a never-ending cycle. In this workshop, participants will learn to identify their own physical, emotional and mental responses to stress as well as how to complete their stress cycles in order to get to the other side.

### **Recognizing Unhelpful Thoughts & How to Combat Them**

Workshop: 1 hour 15 minutes to 1 ½ hours

We all engage in thought processes that can make a situation feel more stressful than it needs to be. In this session will discuss how your thoughts contribute to your stress level as well as identify the unhelpful thought patterns getting in your way. We will learn specific strategies to combat these unhelpful thought patterns so we can engage in healthier thinking patterns.

### **From Emotionally Exhausted to Firmly Flourishing: Self-Care for Those Who Care for Others**

Preconference or Double Session: 3 hours

Working in early childhood is very rewarding work, and it can also be stressful and challenging. Participants in this session will learn the signs and symptoms of burnout and compassion fatigue, learn some proven and practical self-care strategies to implement immediately, and develop their own self-care action plan. Participants will also have the opportunity to complete ProQOL: Professional Quality of Life Scale which is a self-assessment tool measuring burnout, compassion fatigue and compassion satisfaction.