



CHILD CARE DIRECTOR'S TRAINING

PREVENT BURNOUT

ACHIEVE WORK-LIFE BALANCE

Approximately 60% of all early childhood workers will experience a career limiting level of stress at one point in their career.

AUGUST 24, 2018 | 10 AM - 12:30 PM

Texas A&M AgriLife Extension Office | 4102-B Main Street | La Marque, TX 77568

Contact: Jymann Davis, M.S., CFCS - Family & Community Health Extension Agent

281-309-5049 | jymann.davis@ag.tamu.edu

TRAINING OBJECTIVES

- ◆ Recognize signs of employee burnout.
- ◆ Identify the 4 types of stress
- ◆ Develop coping strategies to manage stress in your personal & professional life.
- ◆ Acquire resources & techniques to minimize burnout & stress in the childcare environment.

TEXAS A&M
AGRI LIFE
EXTENSION

KEYNOTE SPEAKER



Tom Wilbeck, MA, LPC, specializes in early childhood development as well as psycho-educational approaches to addressing interpersonal problems. He provides continuing education classes for early childhood educators and serves our community through play therapy, music, and training.

DETAILS

- ◆ \$25.00 registration fee, cash or check.
- ◆ Payment and registration form must be postmarked by August 8, 2018. No on-site registration. No refunds. Registration form at: galveston.agrilife.org/fcs/
- ◆ Attendees must attend the entire 2.5 hours in order to receive credit of clock hours.
- ◆ Lunch provided.



Hello Directors,

You are invited to the **"PREVENT BURNOUT to ACHIEVE WORK-LIFE BALANCE"** training to be held Friday, August 24, 2018 from 10:00 a.m.-12:30 p.m. at the Galveston County Texas A&M AgriLife Extension Office, 4102-B Main Street (FM 519), La Marque, Texas 77568. Sign-in begins at 9:30 a.m. and training starts promptly at 10:00 a.m. The fee is \$25.00 per participant for **2.5 hours** of continuing education training (clock hours). Lunch from Olive Garden is included. As I receive your registration I will email you a menu for you to choose your lunch entrée.

Tom Wilbeck, MA, LPC, psychologist, master trainer, and musician is joining us as guest speaker to provide training exclusively for directors. He will lead you through strategies to prevent burnout that can help make the journey through your career a little bit smoother and your personal life fulfilling and enjoyable. The level of interaction in Tom's training makes every topic powerful and motivating!

Training Objectives:

- Recognize signs of employee burnout.
- Identify the 4 types of stress.
- Develop coping strategies to manage stress in both personal/professional life.
- Acquire resources & techniques to minimize burnout & stress in the child care environment.

Certificates awarding 2.5 clock hours of credit will be given to each director at the conclusion of the training. **Participants must stay the entire 2.5 hours for complete credit to be given.**

Registration and payment must be postmarked or received in the extension office by **August 8, 2018**. The registration form is included with this letter along with a flyer and map. Complete all the information requested on the form and return it to the address provided. **No on-site registrations or refunds will be done. There is a \$25.00 fee for returned checks. We have limited seating so please register as soon as possible.**

I look forward to seeing you and providing a great, educational experience for you. Please call or email me if you have questions at (281) 309-5049 or jymann.davis@ag.tamu.edu. I enjoy working with you to provide the best and most valuable training possible as we work together to nurture happy, healthy families.

Sincerely,

*Jymann Davis, M.S., CFCS
Galveston County Extension Agent-Family and Community Health*



DIRECTOR'S TRAINING REGISTRATION FORM

**Friday, August 24, 2018
10:00 a.m. -12:30 p.m.**

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**Galveston Co. Extension Office
 4102 -B Main Street (FM 519)
 La Marque, Texas 77568**

Child Care Center: _____

Address: _____

City, Zip: _____

Director: _____

Phone: _____

E-mail: _____

Name (please print legibly)	Fee
1.	\$25.00
2.	\$25.00
3.	\$25.00
4.	\$25.00
5.	\$25.00
Check or Cash Accepted	Total Due:

Registration Fee: \$25.00 per person

**Please make checks payable to:
Galveston County FCS Program Committee**

**DEADLINE/RECEIVED BY:
August 8, 2018
No On-Site Registration
No Refunds
\$25.00 FEE FOR RETURNED CHECKS**

Mail Registration To:

**Texas A&M AgriLife Extension
FCS Program Committee
4102 -B Main Street (FM 519)
La Marque, Texas 77568**

Total Amount Enclosed: _____



Jymann Davis: 281-309-5049

Charissa Daily: 281-309-5059



Directions to Galveston County Office Facility in Carbide Park:

Carbide Park is located next to the La Marque/Hitchcock city limits on FM 519 (Main Street) approximately 1 mile West of the intersection of FM 519 and Interstate 45 (Exit 10).

If coming from the Galveston area on Interstate 45:

1. Take Exit 10, travel to the first signal light (FM519), turn left and go under the I-45 overpass and through the next signal lights until you come to a stop sign..
2. At the Stop sign, turn right, and at the next Stop sign, turn left (which is FM 519).

If coming from the Houston/Clear Lake area on Interstate 45:

1. Take Exit 10, slow down as you are coming off the exit ramp, and immediately move to the far right lane.
2. Watch for FM 519 Spur, which is a turning lane to the right, and will be BEFORE you get to the intersection with traffic lights (taking the Spur will put you directly on FM 519).

If you miss this turning lane, go to the traffic light and turn right, go a short distance to a Stop sign, turn right again, then left on to FM 519.

The entrance to the park will be on your right in approximately one mile.
A set of yellow caution lights is at the Carbide Park entrance way.