

## 2019 NJ State Convention Workshops

*Ingrid Williams, First Vice-President, EEC Chair/Program of Work*

The EEC/Program of Work committee has selected a phenomenal variety of workshop presentations for the 2019 New Jersey State Convention which include something for everyone. While there are two book discussion workshops being offered, we request that you only register for one so that more members can be accommodated. The earlier you register, the better your chance of getting your first choices for workshops. Please be sure to take the time to complete the workshop evaluation at the conclusion of each workshop. The information you provided last year was instrumental in helping us plan this year's convention. We thank you in advance for every suggestion and recommendation.

### **Saturday Morning (10:30-11:45 AM)**

#### **South Africa Adventures**

**Presenter: Patti Rahn (Omicron Chapter)**

Take a trip through South Africa, Botswana and Namibia through virtual safaris, seeing over 50 animals in the Bushveld and on the coast, cruising on the Zambezi River for close photographic encounters with wildlife, feeling the mist of Victoria Falls and visiting the big city of Cape Town. This PowerPoint presentation will bring you up close and personal to the places, wildlife and people of Southern Africa.

*Target Audience: All*

#### **Using Personality Types and Generational Traits to Find Common Ground**

**Presenter: Amy Fratz (Pi Chapter)**

Your personality impacts the relationships you have with your family, friends and colleagues and contributes to your health and well-being. Incorporating your personality types into your daily language and experience, you will be able to recognize and appreciate diversity and your own unique strengths and preferences, as well as those in others. Explore personality types and generational traits in this fast-paced, interactive program designed to open lines of communication, bring individuals together and have a higher appreciation for one another.

*Target Audience: All*

#### **Where There's a WiL, There's a Way: Women in Leadership**

**Presenter: Claudine Keenan (Stockton University)**

Participants in this workshop will collaborate with fellow DKG members to explore the various ways that women in leadership roles serve to inspire, motivate and transmit the qualities of effective leadership to one another. Through the implementation of facilitator prompts and large group discussions, participants will engage in think-pair-share, brainstorming, and ranking tabletop activities.

*Target Audience: All*

#### **P.I.N.K.S. Self-Defense for Women**

**Presenters: Captain Greg Borlan and Officer Dawn Flanders (Franklin Twp. Police Dept.)**

P.I.N.K.S. (Preventive Information, Necessary Knowledge of Self-Defense) is a course dedicated to teaching woman practical, reality-based self-defense. The concepts and easy-to-learn techniques

in this class are structured to teach women the skills, abilities and winning mindset to survive a violent encounter. It is taught in an uplifting manner to empower women to fight back and take control of their personal safety.

NOTE: Attendees should wear comfortable clothing if they intend to participate in the physical portion of this training. Participation is optional and waivers must be signed.

*Target Audience: All*

### **Music Therapy in Action**

**Presenter: Jennifer Goodman (“Jammin” Jen)**

The power of music touches people of all ages and abilities. Learn what music therapy is and how Jennifer Goodman became interested in it as a profession. See YouTube videos of her music therapy in action as different populations are serviced in various school settings. Participants will be given the opportunity to experience hands-on song writing.

*Target Audience: All*

### **Book Discussion: *Before We Were Yours***

**Discussion Leader: Wilhelmina Bryant (Lambda Chapter)**

Participants will delve into the book, *Before We Were Young*, in an open-discussion format.

*Target Audience: All*

### **Building Confidence with the New Dues Processing Procedure**

**Presenter: International Guest – NE Director Jane Tanner**

Learn more about the new dues processing procedure beginning with the 2019-2020 fiscal year. Become familiar with the electronic process that will compute all mathematical calculations to lighten the work for both chapter and state organization treasurers.

*Target Audience: Open to all, but most beneficial for chapter treasurers*

**Saturday Afternoon (2:30-3:45 PM)**

### **Taking Time for your Personal Well Being: Holistic Health and Mindful Living**

**Presenters: Pamela Albert Devine (Mu Chapter) and Babette Wise (Pi Chapter)**

Two DKG members, who believe in holistic health and alternative ways to maintain one’s health and achieve personal wellness, will share their personal experiences with herbs, essential oils and alternative health practices.

- *“Today more than 95% of all chronic disease is caused by food choice, toxic ingredients, nutritional deficiencies and lack of physical exercise.” - Mike Adams*
- *75% of all health care spending in the US is for the treatment of preventable chronic illnesses,*  
*such as high blood pressure, diabetes, cardiovascular disease, obesity and arthritis.*
- *“Health is not simply the absence of sickness.” - Hannah Green*

Attendees will learn about the many facets of wellness, rate themselves in numerous areas that contribute to wellness: physical, biochemical, emotional, financial, family, social/community, career, spiritual, intellectual and relaxation, in order to identify areas that can be addressed in order to achieve balanced wellness. The use of herbs, medicinal plants and essential oils will be discussed, and attendees will become more mindful of ways to improve their overall wellness.

*Target Audience: All*

## **Open Educational Resources - A Wealth of Classroom Resources a Click Away**

**Presenter: Claire Swanson (Alpha Chapter)**

Open Educational Resources (OERs) are educational materials (lessons, curricula, videos, etc.) that are in the public domain or introduced with a Creative Commons license. The nature of these materials means that anyone can legally and freely copy, use, adapt and re-share them. Various OER websites will be shared.

*Target Audience: Active educators*

## **Mindfulness**

**Presenter: Jennifer Clearwaters**

This workshop will provide participants with an overview of *Mindfulness* and will focus on techniques that can be utilized both inside and outside of a school setting. Participants will learn a variety of strategies and activities that can help to reduce daily stress and anxiety. This workshop emphasizes the importance of self-care, self-esteem and social-emotional balance for both students and educators. Participants will receive many strategies that will help foster *Mindfulness* practices throughout the day.

*Target Audience: All*

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*Target Audience: All*

## **Preserving Our Educational History – Court Street School: Then and Now**

**Presenter: Lillie Ham Hendry (Mu Chapter)**

The Court Street School is one of the principal structures associated with the segregated history of early twentieth century education for African Americans in Freehold, New Jersey. The original school was organized in 1915, exclusively for the education of African American children by the Freehold Board of Education. It was a one-room wooden building located just west of the present site.

The existing school was constructed in two phases in 1920 and 1926. All African-American children in Freehold were educated at Court Street School from kindergarten through eighth grade during World War II, when the school was used as an air raid shelter and a ration station. Under pressure from war veterans and the Supreme Court *Brown vs. the Board of Education* decision, the school system was integrated.

In 1990, the Court Street School Education Community Center, Inc. was formed as a non-profit, tax-exempt organization to restore the school for use as an Education Community Center and to preserve it as a historic landmark. The group received more than \$800,000 from the New Jersey Historic Trust and the Monmouth County Board of Freeholders to restore the facility. As a result of Mu Chapter's on-going support and an Alpha Zeta State Professional Growth Stipend, the Court Street School Board of Trustees was able to create an historic video for its archives. - *Excerpt from <https://courtstreetschool.com/about-us>*

Learn the history of the Court Street School and the steps taken to preserve it as an historic landmark and to build on its legacy by becoming an active educational community center.

*Target Audience: All*

**Book Discussion: *I Am Malala***

**Discussion Co-Leaders: Jane MacWright (Nu Chapter) and Kim Serdynski (Nu Chapter)**

Participants will delve into the book, *I Am Malala*, in an open-discussion format.

*Target Audience: All*

**What's on Your Mind?**

**Presenter: International Guest - NE Director Jane Tanner**

Join your DKG International Society Representative for an informal round table discussion of Society topics that interest you.

*Target Audience: All, especially chapter officers*