

# Awakening TESA Stars Breakout Sessions

## Early Bird Sessions

Friday, November 19

1:00 p.m. - 2:15 p.m.

### F1 Fun in the Work Place

*Charles Bruner, Richardson ISD*

Formula from FISH!: A Remarkable Way to Boost Morale and Improve Results

### F2 Become a "Love and Logic" Parent

*Ivan Vance, Region 10*

Learn techniques to deal with argumentative non-compliant children and adolescents. Take back control of your home or classroom and relieve your anger, frustration and stress.

### F3 Oh No! The Media is on the Phone

*Jeanne Guerra, Richardson ISD*

Tips for successfully working with the media.

2:30 p.m. - 3:45 p.m.

### F4 DeStress - Escape to the Spa Experience

*Judy Brezic, Beauticontrol Cosmetics, Independent Representative*

Presenting breathing exercises with relaxation music, aroma therapy candles and products, heated neck wraps, eye pads and foot treatments.

### F5 Working With Angry Parents

*Cecil McDaniel, Richardson ISD*

This session will address key attributes of conflict resolution.

### F6 Something Great About At-Risk Kids

*Dr. Cindy Montgomery, Richardson ISD*

Audience will participate in a hands-on "proof positive" that working with an at-risk population has its rewards.

Saturday, November 20

10:45 - Noon

### S1 Elementary Round Table

*Kay Riggs, Elementary Membership Council*

Elementary support staff share ideas, questions and solutions in this interactive session.

### S2 Secondary Round Table

*Jan Lampart, Secondary Membership Council*

Secondary support staff share ideas, questions and solutions in this interactive session.

### S3 Be A Star - Unleash Your Full Potential

*Karen Anderson, Leadership Coach & Learning Facilitator*

Imagine unleashing your full potential and creating the life of your dreams. This learning opportunity is for individuals who want strategies for powerful living. Learn how to determine what you want and develop multiple pathways for achieving these goals. Participants will set goals, brainstorm options, and develop a plan of action to support achievement of what they want.

### S4 In Touch with Your Inner Medicine Man/Woman

*Kathleen Keys, RN, Richardson ISD*

Can you be in two places at once? Are you covering the clinic as well as your regular job? This an overview of clinic responsibilities, efficient assessments, review of frequent complaints and how to respond.

### S5 Public Relations, That's Not My Job!

*Dr. Deborah Cron, Superintendent & M.J. McDaniel, Weatherford ISD*

As a school district employee, your hectic schedule doesn't allow time for you to think about public relations. Or does it? Who's responsible for

the "PR" of a school district? This session will take a light-hearted look at the value of personal relationships with our customer, the parents and community we serve.

### S6 Today Matters: Make the Most of Every Day

*David Griffin, FBC Sonnyvale*

Yesterday is gone and tomorrow is not guaranteed. Therefore we must make adjustments in our attitudes, habits and relationships that will ultimately make the most of each day.

### S7 - Discipline Tracking: It's Like Finding the Needle in the Haystack

*Lynda Mayberry, Richardson ISD*

A brief look at the TEA changes and the impact of those changes on school district policies, practices and student groups.

### S8 Administrative / Central Office Round Table

*Renee Kazmierski, Administrative Membership Council*

Administrative and Central office support staff share ideas, questions and solutions in this interactive session.

### S9 Higher Education Round Table

*Dottie Pearle, Higher Ed Membership Council*

Higher Education support staff share ideas, questions and solutions in this interactive session.

### S10 TESA/STEM Overview

*Linda Sockwell, TESA President and Peggy Hudson, STEM Chairman*

You will be given an overview of the benefits of the Texas Educational Support Staff Association and requirement, guidelines, and changes for the Staff Training for Effective Management program.

*Breakout Sessions Cont.*

**1:30 p.m. - 2:45 p.m.**

**S11 Domestic Violence: What Do You Know?**

*Paula Bright, Licensed Social Worker*  
Discussed in this session are the phases of the abuse cycle, emotional stages, victims experience, reasons why victims stay in abuse, signs to look for in an abusive personality, suggestions in dealing with victims and resources for victims.

**S12 Creative Memories Scrapbooking**

*Sarah Fisher, Creative Memories*  
You will learn the right ways to put your photos in albums. I will demonstrate a page layout. If time permits, you will mat your own 4x6 photo.

**S13 Laughter Does A Body Good**

*Shirley Haswell, Alief ISD Retired*  
A look at the health benefits of laughing heartily and often.

**S14 Let it Snow! Let it Snow!**

*Betty Kilgore, Retired*  
Each participant will make a personal tube-sock snowman to decorate your home this season. No skill required! Craft fee \$2.00. Class size is limited

**S15 Goal Setting for Personal & Professional Success**

*Frank Bradford, Richardson Police Department*  
This motivational session explores all the possibilities of being the person you are truly meant to be through goal setting. Goal setting is a journey and not a destination. It is the process of properly planning and patiently waiting for the process to develop. Get ready to go after your heart's desire by learning simplistic techniques of goal setting to start you on your journey.

**S16 Tips & Tools for Terrific Behavior**

*Kelly Smith, Mesquite ISD*  
The basics of behavior management with an emphasis on implementing effective strategies that will promote positive behavior choices.

**S17 Legislative Update**

*Nelda Van Dyke, TESA Legislative Consultant*  
In this session you will be given a legislative overview and the position that TESA is taking on issues.

**3:00 p.m. - 4:15 p.m.**

**S21 ESC Round Table**

*Anne Halderman, Region 10*  
Education Service Center support staff share ideas, questions and solutions in this interactive session.

**S22 Bomb Threats, Suspicious People, etc...**

*Ben Whiteman, Weatherford ISD*  
Overview of bomb threat procedures, suspicious mail and suspicious people on campus.

**S23 Meals Made Easy**

*Bev Carter, Homemade Gourmet*  
Learn a simple 4 step plan to preparing home cooked meals in under 30 minutes so you can bring your family back to the dinner table and avoid costly take-out and drive thru's.

**S24 Performance Excellence as a Journey**

*Jane Westbrook, Quality Texas Foundation, Dallas*  
Do you ever think about the role your performance plays in the effectiveness of the school district in ensuring that every child is successful? Each employee, regardless of position, affects the level of achievement of the classroom, campus, department, and district by the quality of his/her individual performance. Learn the basics of continuous improvement that will guide you along the path toward

personal and organizational performance excellence.

**S25 Office Depot - Ergonomic Solutions**

*Mike Scannell, 3M Office Products*  
Learn workplace ergonomic solutions, proper posture and hand placement on the keyboard, eye adjustment, and many more helpful tips.

**S26 NAEOP Overview**

*Marilyn James, NAEOP Past President, & Linda Sockwell, TESA President*  
You will be given an overview of the benefits of the National Association of Educational Office Professionals. We will discuss the PSP Program, and have a Q & A discussion on the workings of NAEOP. We will also discuss the format, and what happens at a NAEOP conference and the opportunities for volunteering at the 2006 conference to be held in Dallas.

**Tour**

**1:00 p.m. - 4:00 p.m.**

Our tour will begin at La Buena Vida Vineyards winery tasting room, located in Grapevine's Historic District. You will enjoy their fountains, English flower and herb gardens and a small demonstration vineyard as well as their award winning champagnes, ports and wines. Here you will learn about tasting and sensory evaluation.

After enjoying the wines we will make our last stop at the historic Tarantula Train Station where Grapevine's premier Glass Blowers are housed. Vetro Contemporary Glassblowing studio will have a demonstration of artists at work in this fascinating art form. You will be talked through the process as well as watching an artist create a piece. After the session you will have a chance to purchase artwork from the studio.

After the tour there will be free time to shop along Grapevine's Historic Main Street.