



2nd Annual Taking Care of Our Teachers Day

January 18, 2016



A Day of Professional Development

Brought to you by: Buhl, Filer, Kimberly, Murtaugh, and Richfield School Districts

Many thanks to C.S.I. and all of the presenters that have helped make this event possible.

Fall/Winter Edition

Available Session 1:

Self-Care

This breakout will focus on emotional health. Learn ways to increase mindfulness and improve your self-care.

Presented by: Robin Lopez, LCSW & Laura Stewart, from St. Luke's Behavioral Health

Room #: Hepworth 140

Self-Care

This breakout will focus on emotional health. Learn ways to take care of yourself- even when you don't have much time.

Presented by: Sean Hammer, LPC, from Community Outreach Counseling

Room #: Hepworth 140

Joys of Personal Reading

This session will feature "book talks" about current books (not just for kids!), local book clubs, and other events.

Presented by: Amy Mortensen, Adult Service Dept. Head, from Twin Falls Public Library

Room #: Hepworth 180

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Paper Crafting that Calms

This is a hands on session that offers a chance to explore how using creative outlets to relieve stress. There will be "Make and Takes". If you have your own projects, bring them!

Presented by: Katrina Rodabaugh, Idaho/Kimberly Core Teacher Leader

Room #: Hepworth 181

Soothing the Soul with Music

Bring your acoustic guitars and songs. Let's jam for a while.

Presented by: Marygrace Ahern, Lance Butler, and Craig Maki, from the Kimberly School District

Room #: Fine Arts 164

Available Session 2:

Available Session 3:

Available Breakout Sessions 1, 2, & 3:



Making the Most of PERSI

Whether new to your career, mid-career, or late in your career, this breakout will help you understand how your PERSI benefits can support your financial health

Presented by: Carmen Brooks

Room #: Hepworth 108



Nutrition and Exercise

Are you always on the run? Do you have a hard time finding time to eat well and exercise? Come gain knowledge and tools to get on track.

Presented by: Katrina Farr

Room #: Fine Arts 119



Financial Health

Get information and suggestions to help support your financial health

Presented by: Deborah Johnstone

Room #: Hepworth 195



Yoga

Participate in a Yoga Session. Yoga props will be available. Open to all experience levels.

Presented by: Jean Shawver

Room #: Gym 231

Mark Anthony Garrett



Keynote Speaker- Fine Arts Theater Book Signing & Conversation in Breakout 2- Room #: FA137

Mark Anthony Garrett is one of the most compelling motivational and self-development speakers of our time. He has inspired audiences throughout the world with his electrifying high-energy speeches, seminars, trainings and life-coaching sessions. A successful business man and leader, Mark is an international radio talk show host, educational consultant and author of *Teachers are Heroes* and *S.E.R.V.I.C.E. is Everything!!!* He is currently working on his third book, which is due out December 2015.

Mark has appeared on various radio shows and within numerous publications. He has been featured on ABC, CBS, NBC, and Fox affiliates, along with Forbes magazine. Mark was a featured guest on the Brian Tracy Show and is a leading columnist for *Fostering Families Today* magazine.

His book and keynote address, *Teachers Are Heroes*, has placed Mark at the top of the list as a leading expert within the K-12 educational industry. He has spoken for numerous school systems on topics such as Teacher Leadership, School Climate, Student Achievement, Service Excellence and Maximizing Human Potential.

Schedule

Time	PD	Districts
8:30-10:00	Keynote Session A	Kimberly, Filer
	Breakout Session 1	Buhl, Murtaugh, Richfield
10:00-10:15 BREAK		
10:15-11:30	Breakout Session 2	All Districts
11:30-1:00- LUNCH		
1:00-2:30	Keynote Session B	Buhl, Murtaugh, Richfield
1:00- 2:30	Breakout Session 3	Kimberly, Filer