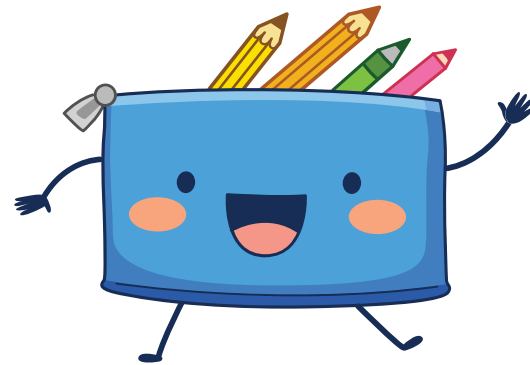
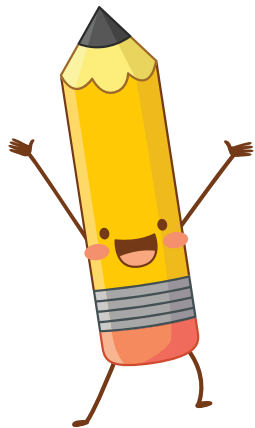


C&C Webinar

Session Eight

November 9, 2020 – 9:00am to 11:00am

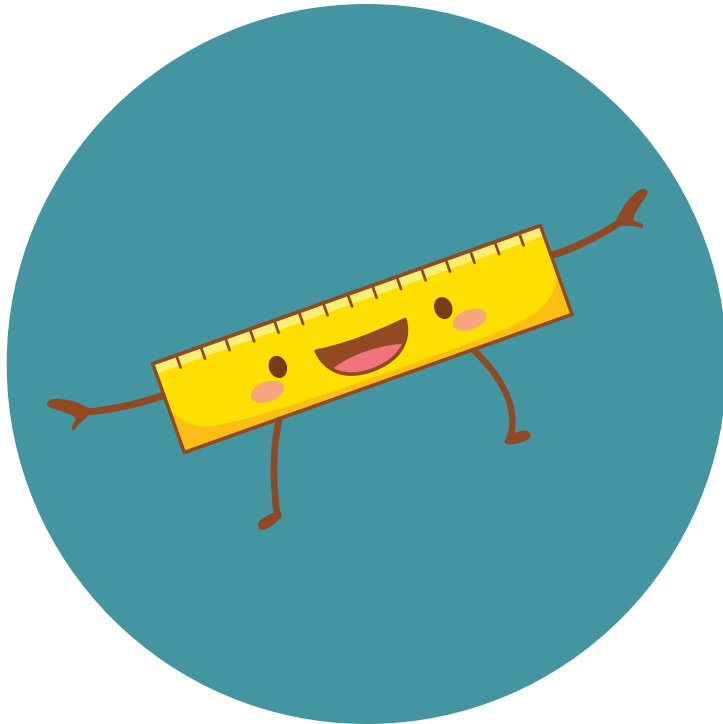


Agenda:

- ❖ 9:00am – 9:15am – Mindfulness & Introduction of Presenters – Amanda Charlesworth
- ❖ 9:15am – 10:00am – Motivating Students – Ashley Lower
- ❖ 10:00am to 11:00am – UFACET Form Overview – Tanya Albornoz



Mindfulness Moment



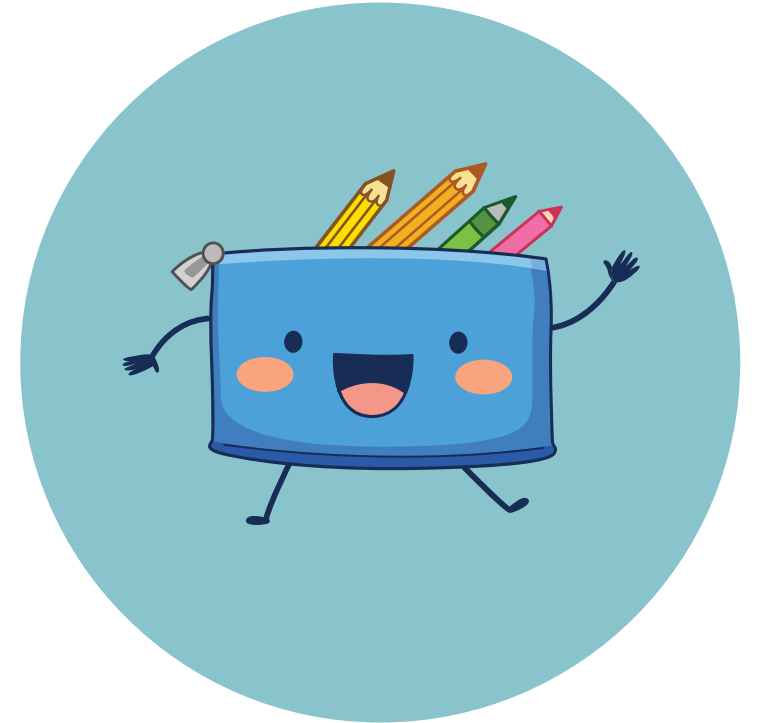
Start with a Purpose:

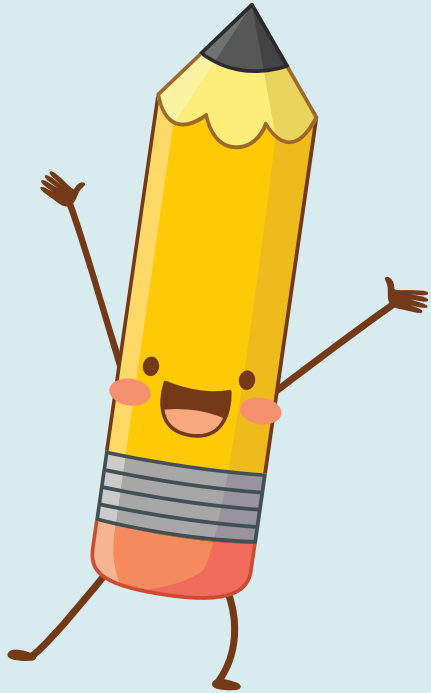
1. **When arriving at work, sit on your chair or office floor in a relaxed posture.** Close your eyes and connect with the sensations of your seated body. Make sure your spine is straight, but not rigid.
2. **Take three long, deep, nourishing breaths**—breathing in through your nose and out through your mouth. Then let your breath settle into its own rhythm, as you simply follow it in and out, noticing the rise and fall of your chest and belly as you breathe.

Mindfulness Moment

3. Ask yourself: “What is my intention for today?” Use these prompts to help answer that question, as you think about the people and activities you will face. Ask yourself:

- *How might I show up today to have the best impact?*
- *What quality of mind do I want to strengthen and develop?*
- *What do I need to take better care of myself?*
- *During difficult moments, how might I be more compassionate to others and myself?*
- *How might I feel more connected and fulfilled?*





Mindfulness Moment

4. Set your intention for the day. For example, *“Today, I will be kind to myself; be patient with others; give generously; stay grounded; persevere; have fun; eat well,”* or anything else you feel is important.

5. Throughout the day, check in with yourself. Pause, take a breath, and revisit your intention. Notice, as you become more and more conscious of your intentions for each day, how the quality of your communications, relationships, and mood shifts.

Ashley Lower



Ashley is a behavior specialist with the Safe & Healthy Schools Team at the Utah State Board of Education (USBE). Prior to her work with USBE, she was a school psychologist in both elementary and secondary schools in Utah. Before working in public schools, she spent six years working as a recreation therapist in a Residential Treatment Facility for at-risk youth. Ashley is a member of both the Utah Association of School Psychologists (USAP) and the Utah Recreation Therapy Association (URTA). Ashley is passionate about supporting and advocating for the needs of students across the state of Utah.

Tanya Albornoz

Tanya recently joined the Utah State Board of Education as a Prevention Specialist for at-risk students after 20 years of working in child welfare. Early in her career she worked as both a caseworker and a child welfare ombudsman. For the last 11 year, she held the position as the Foster Care Program Administrator for the Division of Child and Family Services, which included responsibilities such as training caseworkers and stakeholders; writing law and policy; overseeing contracts with partners; and researching and implementing best practice to improve Utah's child welfare system. During her time as Foster Care Program Administrator, Ms. Albornoz passionately worked to improve educational outcomes for children in foster care and dedicated much of her energy to educating the foster care community and partners about the effects of trauma and how to counteract trauma by increasing protective factors. She was also one of the designer's and implementors of the UFACET assessment within the child welfare system and won a national award for the UFACET's innovative design. Tanya also recently finished her master's degree in Social Work at the University of Utah and is the mother of three beautiful daughters.



Thank you for participating!

Post Training Survey:
<https://forms.gle/rcbrh15e9Gfr6tDp8>

