



# 2018 Training & TA Institute

## STRENGTHS-BASED COACHING®:

### USING MINDFULNESS TO CREATE REAL CHANGE THROUGH COMMUNICATION

#### Event Information

Thursday, November 1, 2018  
8:30am - 4:00pm

This training offers 6 hours of professional development.

#### Schedule of the Day

Registration 8:30am - 9:00am  
AM Session 9:00am - 12:00pm  
Lunch 12:00pm - 1:00pm  
Networking 12:30pm - 1:00pm  
PM Session 1:00pm - 4:00pm

#### Location

Puritan Conference & Event Center  
245 Hooksett Road  
Manchester, 03104

#### Registration Information

Cost: \$75 (Lunch is included)  
Register through Eventbrite at  
[snhscrr.eventbrite.com](http://snhscrr.eventbrite.com)

#### Questions?

Contact CCAoNH at  
1-855-393-1731 or email  
[ccrrtraining@snhs.org](mailto:ccrrtraining@snhs.org)

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CCAoNH is proud to offer the 3<sup>rd</sup> Annual Training and Technical Assistance Institute. This year, Early Childhood and Afterschool Trainers, Technical Assistance Specialists, Consultants and others serving in a mentorship role, will gather to obtain an in-depth look at **Strengths-Based Coaching®** created by the Frances Institute for Child & Youth Development.

In the morning, participants will delve into **How to Talk So Adults Will Listen and Listen So Adults Will Talk**. Communicating with staff or families is vital... but can be challenging! Understanding how to communicate and **listen intentionally** allows us to create winning partnerships. Join us to **explore strategies** to overcome barriers to communication to **build stronger relationships**. Discover tips for **enhancing your communication** with other adults and practice techniques for handling tough conversations.

In the afternoon, we will focus on **Effective Goal Setting, Reviewing Progress and Moving Towards Change**. We will explore lost opportunities that hinder our success and learn coaching strategies to support others in this process. Participants will find **intentional strategies** to support adults to create action steps that become a commitment for change. Learn how to **review progress to combat reluctance, resentment, and resistance**. We will discover the strengths-based approaches to **motivate individuals and empower** them to contribute to the shared vision of the program. Learn how to **create dialogue focused on change** of behavior for future success and accountability.



**Presented By:** Annette Farrell received her undergraduate business degree from Texas Christian University and a Master's degree in Early Childhood Education (ECE) from Champlain College. Her early childhood experience includes special needs infant teacher to adjunct faculty. She provides services to organizations serving low-income or refugee populations and early learning programs. Her vow to adult learners is reflective training and coaching to support their practice and classrooms.