

What are 3 things you will take away from this event that will help you be refreshed, recharged and reclaimed as an educator?

- Self-love / care everyday, even if it's one minute
- Moments of mindfulness / presence in your physical body
- Find a place / space / activity that helps you to recharge
- I almost did not come today but so glad I did
- The importance of breath
- Taking care of myself isn't selfish, it's smart
- Laughter and play are great ways to lower stress and be more in the moment!
- Met some really great people
- Took away some very effective techniques
- Was very impressed with the level of quality
- Take time for ourselves.
- Can do yoga with students especially after recess.
- Find a passion, such as baking, to use the other side of our brains too.
- Change my mindset → Change my life and lower my stress
- Networking and hearing the stories of others
- Teachers need self-care workshops like this! So needed and appreciated at this time of year
- I am feeling fulfilled. I also see the importance of taking care of the educators. I will again make sure to lift myself up before lifting others. Merci.
- Take pauses for yourself
- Communication
- Community
- Team building ideas
- Mindful of our own needs too
- Keep joy in our lives
- Joy journal
- Frema Engel (self-love & visualization)
- Being in the present moment and breathing
- Bar of soap - joy
- Reconnect with senses
- Make self a priority
- Relax
- Joy is better
- Cooking & yoga is good for the soul
- When to say no
- Time for me, take care of me / myself
- Being mindful
- Remember to breath
- Release stress
- Power of art
- Time for self is not selfish
- Laughter
- "Living dead is not worth living" - Sima Goel - and thus we should take care of ourselves. We owe it to ourselves.
- We can transcend fear and be joyful and that joy is not only our right but our responsibility.
- Remember that we have different personalities in the workplace, so try and understand my colleagues.
- Serving others is a choice
- Mindfulness is like a "muscle, you need to practice and keep it healthy
- Guided imagery helps me connect with my emotions
- Please myself more on top of the totem pole
- Heal "me" before I can heal others
- One step at a time "breathe"
- Importance of self-kindness
- Properties of essential oils
- People don't act against you, they act for themselves
- Understanding my own personality style (DISC)
- Having fun is important in learning
- Take care of yourself so you can take care of others
- Meditate, breathe
- Take time for yourself at least once a day to recharge
- Help yourself before you help someone else
- Your happiness matters
- Self-care can look like lots of different things
- Bien-être intérieur
- Vivre le moment présent
- Compréhension des différentes caractéristiques selon les personnalités
- Mindfulness
- Patience towards colleagues
- Recognize, accept things that happen, consider them
- Laughter for health, I can laugh to bring my stress down
- Get in touch with my feelings; it will help me overcome my fear.
- Take care of myself first, then I will be able to help others (self-care)
- I need to fill my cup first before filling others
- Be more mindful and in the moment
- I am not alone

## Keynote Speaker

**Dr. Sima Goel: "From Confinement To Freedom and Self-Care, A Story of Inspiration and Hope"**

### Comments:

- Very inspiring and engaging
- Story was inspiring and moving
- Such an inspiring story and great introduction to the rest of the day!
- Finally a keynote speaker with something relevant and important to say! Loved her.
- The first part of the speech was very judgemental. The second part was excellent though.
- Wonderful and inspirational. I will get her book.
- Phenomenal
- Thank you for sharing your journey
- Very powerful
- Very good but too long
- Life story was at times lengthy. A very emotional piece that required tissues and an open heart. The last section was the most practical for this presentation.
- Very informative and relates well to her audience & needs
- Truly inspiring, grace in the face of adversity
- Very inspirational journey and testimony, wow! Clear explanation about stress. Could be more balanced in terms of length of personal story and "theory"
- Very emotional
- Very inspiring
- Inspiring story
- What an inspiring and beautiful story. Felt very personal and powerful.
- Excellent speaker & story!
- Very good speaker. Inspiring.
- Very emotional. Loved it!
- I learned that I need to take risks to accomplish anything in life. I need to take care of myself before I can truly help anyone.
- Loved it. Super inspiring.
- Great story to set the mood & stress the importance of self-care
- Wonderful, heartfelt
- Such an inspiring story, thank you for sharing!
- Awesome
- Powerful
- Excellent presentation. We want to hear more. Extremely interesting.
- I was inspired by her journey.
- So inspiring
- An inspirational workshop
- Always uplifting to hear of individuals who have not only survived by "benefitted" from adversity
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## Session Speakers

**Joy First - Shannon Walsh**

### Comments:

- Amazing
- Fabulous
- Very helpful. Thank you.
- Great takeaway! Lots to think about.
- Very well spoken. A great message with the right balance between message & tools.
- Great
- Learned about fear & joy and I can make the choice
- Excellent, down-to-earth, useful tips and advice
- Incredible, tied in perfectly to keynote. Friendly and encouraging tone.
- Good tips - more hands-on would be great.
- It made me see that fear is something to overcome → joy
- Powerful - Ms. Walsh made me realize that I need to connect with my feelings.
- Great tools, very relatable, interesting

### **Zen Teachers! - Anne-Marie Quesnel**

Comments:

- Nice intro to NPL, would love to learn more practical tips
- I felt like I didn't learn anything new and I still don't know how to use NLP. The description made me expect more.
- Very informative.
- Would have liked more tips & exercise.
- Great info
- Too many topics at once
- Great workshop

### **The Mind-O-Meter - Hadeel Dabbagh**

Comments:

- Amazing relaxation session.
- This workshop I found especially helpful and applicable to me.
- Practical, got to experience the tools
- Practical & engaging. Left there feeling more confident and better equipped to overcome current & future challenges.
- I understood a little bit more about the choosing process of our mind

### **Practicing Mindfulness - Dominique Fugère**

Comments:

- Very relaxing & enjoyable. A great take-away of committing to one act of self-love /care each day.
- Exactly what I needed. What a great way to be more in my body and in the moment
- Very relaxing. Thank you!
- Relaxing
- It was great to reconnect with your breath.
- Very relaxing.
- Needed it so much for relaxing, almost fell asleep so relaxing (NOT boring)
- It was a good relaxation session but I would have liked to have tricks to practice mindfulness on my own on a daily basis.
- Very relaxing, good to not think of the outside world for a bit
- Great! Thank you.
- Very relaxing.
- Lovely session
- Felt so relaxed afterwards, merci.
- Very relaxing, great end to the day.
- Great workshop, very informative
- Her own success story using these means to survive & recover from her own physical trauma
- Learned to take time for myself

### **Why People React the Way They Do at School - Sylvie Bastien-Doss**

Comments:

- Amazing! So much energy
- Good energy and very informative
- You are so funny and knowledgeable!
- Engaging, dynamic
- Très dynamique
- Excellent. Thank you! Very helpful.
- Amazing experience
- Well done and informative
- Amazing!!
- Love Sylvie's enthusiasm! So funny!
- Very funny
- Dynamic - Appreciating the different personalities can build a better team.

### **Decoding the Mind/Body Connection - Frema Engel**

Comments:

- Totem Pole! Wow!
- Thank you for the tips.
- Interesting - nice takeaways.

- Lots to think about
- Clarified new terminology and provided me with strategies that I would be willing to try.
- Very interesting facts, theory and information! I would have liked to learn more so I bought the book!  
Thank you!
- Very useful, educational, helpful tips!
- Interesting and thought provoking
- Very informative and inspirational. Love love.
- Interesting insight on lasting effects of trauma
- Great info
- I like the more practical tips that were given
- Informative
- Extremely well-delivered, listing current and new methods. Simple but extremely necessary tips and techniques for self-help

### **Laugh When You Really Want to Scream - Mindy Spiegel**

Comments:

- Nice to share and hear stories. Reminded me to look on the bright side and keep track of the great moments in teaching.
- Not much of a take-away from the session but a good reminder for all teachers
- Fun!
- Thank you!

### **Guided Imagery, the Power of Visualization - Diane Carroll Phillips**

Comments:

- I got emotional. I will practice with my students.
- Excellent relaxation technique
- Wonderful experience, brought me back to my childhood
- Useful activity
- What a presenter! You could feel her respect. Great activity for my class & colleagues.
- Fun to do
- Touching
- Brought up a lot of emotions
- Excellent way to relax. Marvelous way to integrate art in the classroom. Thank you.
- Inspiring - Connecting to your inner self.
- Excellent presentation

### **Laughter for the Health of It - Sylvie Dagenais**

Comments:

- Fun! Practical tips I can apply in my everyday and in my class. Great energy booster!
- Hilarious; got me out of my shell
- Good tools to practice
- Best workshop every! Stress releasing! Merci, Sylvie!
- Great workshop, helped to bring relaxation into the workshop
- Wonderful to have a workshop that leaves your head outside your body - very enjoyable!

### **Relaxation Kneaded? - Ardis Root**

Comments:

- I want to take courses now!
- Very cool to make fondant roses
- Fabulous! Perfect way to top off a wonderful day.
- Fun
- Engaging presentation but was designed for a very focused audience. Would have liked to hear more about the benefits of baking in relation to lowering stress.
- Loved learning the flower making
- Loved it!
- Hands-on therapy. What a great idea for ourselves, our teachers & our students. So many benefits shared with us. Loved it!
- So much fun to watch and then to practice - very relaxing.
- Love baking, love Ardis, best session!
- Amazing and fun
- I learned something new and will practice it. Love love love.
- Fun fun fun

## Drumming Session

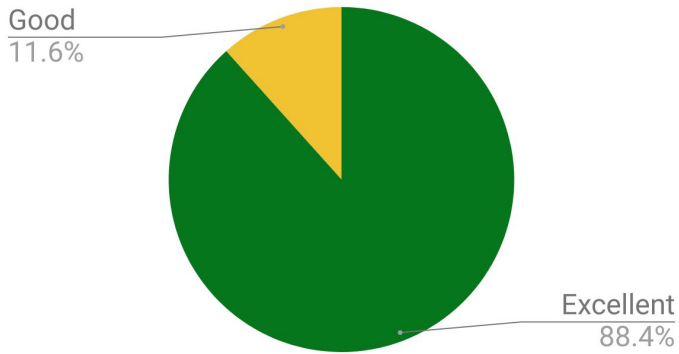
### Comments:

- Very, very fun!
- Lots of fun! Easy to do with friends!
- More time needed. Was too much fun to stop.
- A great way to end on a high!
- Fun
- We should have played a song but it was fun.
- Awesome
- Wonderful!
- So fun - team building ideas.
- So much fun. Very enlightening on following instructions.
- Lots of fun! Will do for teacher PD.
- Very fun! Good for team spirit! Relaxing!
- Fun +
- Loved it! Great way to end the day. Please come give a session at West Island College.
- I have no rhythm but so much fun
- Wow!
- So much fun, didn't know I had the rhythm
- AMAZING!
- So much fun!
- Lots of fun but stressful fun
- Awesome
- I really, really enjoyed it!
- Fun
- Great
- Could do without
- Great session!

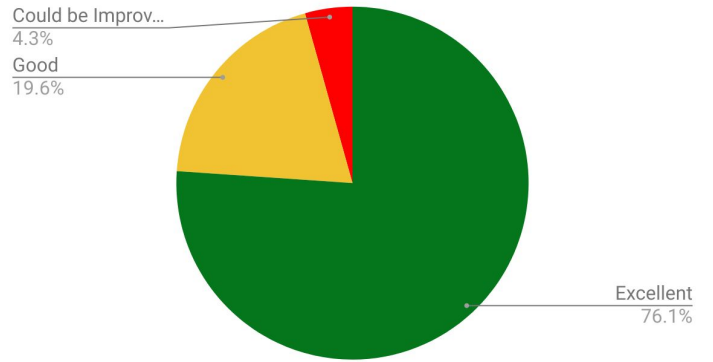
# Overall Feedback

[Data can be found at this link](#)

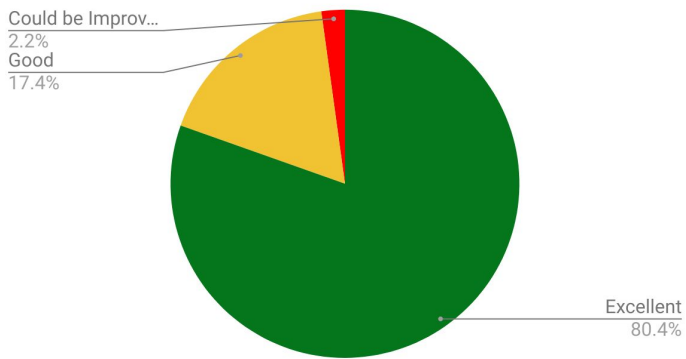
## Online Ticket Purchase



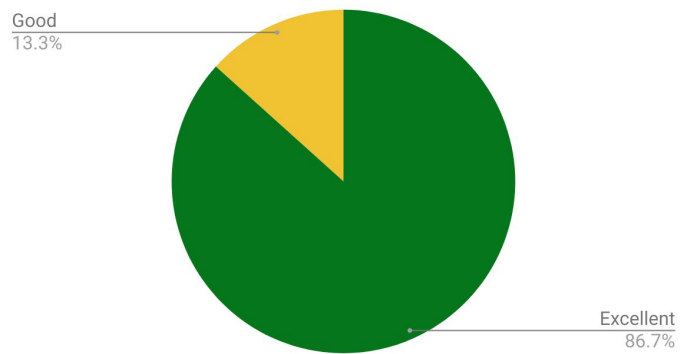
## Location



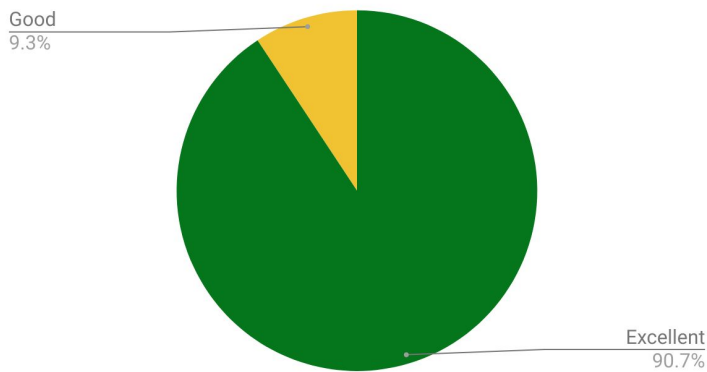
## Workshop Variety / Selection



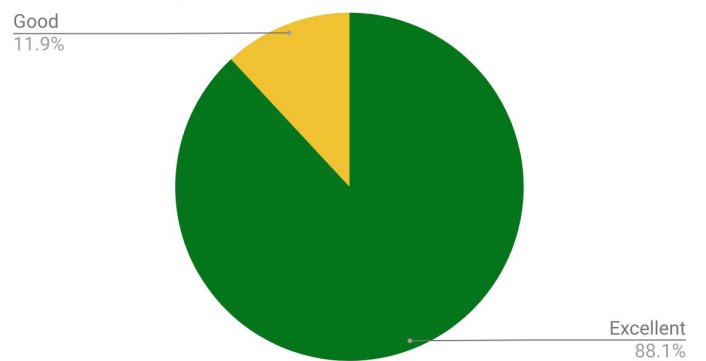
## Lunch Provided



## Value for the Cost



## Overall Organization of the Event



## **Additional comments & suggestions:**

- Would love the workshops to be presented more than once - there were more I wanted to try by didn't get to.
- Thank you to the organizers for all their hard work. Hope this becomes a yearly event!
- Some of the workshops would have benefited from tables in the room
- Loved the morning coffee - thank you. Perhaps some snacks for a little breakfast.
- Thank you! What a great initiative!
- Thank you so much ladies!
- Super! Congratulations! (++) for value for the cost)
- The couscous and nutella puffs were amazing!
- Super for allergies - so happy. I want to come again!
- Excellent service to make special lunch for people.
- The hotel went above and beyond for service for special diets and focus on details.
- I even won a prize which never happens. Great fun, thank you.
- Well done. Terrific organization!
- Would be good to indicate CASH was necessary to buy varied items
- The schedule could be longer but less rushed with a few breaks.
- What an awesome event! Thank you! Looking forward to the next one!
- Loved it! Thank you!
- Thank you for an amazing day.
- Merci beaucoup! The raffle presenter is phenomenal!!
- This was my first time at this hotel. I was able to attend as my husband drove me down here. I'm happy to be here; however, I find it challenging to attend as I live downtown and don't drive. I am just wondering if there is a closer location between downtown and this location, making the access easier for more people to attend.
- Would love to attend more!
- Extremely well-organized
- Homogeneous topic with specialty subjects that supported and enforced the event
- Should present this conference earlier in the school year as teachers, as teachers are not overloaded and could apply for PIC funding. Each school board lists, online, their conferences & workshops which, more or less, will be at the same time each year.
- Great welcome from all the DKG members!