



2023 MAKING TOMORROW CONFERENCE

PRESENTED BY **VICPA**



FINDING YOUR FLOW

SATURDAY • APRIL 22 • 2023

Delta Hotels Victoria Ocean Pointe Resort • Victoria, BC
www.makingtomorrowconference.com

VICPA and the MTC acknowledge and respect the lək̓ʷəŋən Peoples on whose traditional territory we work, live and play and the Songhees, Esquimalt and WSÁNEĆ Peoples whose historical relationship to the land continues to this day. We will protect the rights of all children to live in freedom, peace and security.

MAKING TOMORROW 2023

FINDING YOUR FLOW

SCHEDULE

8:00AM – 9:00AM

REGISTRATION

DELTA OCEAN POINTE RESORT, ARBUTUS BALLROOM FOYER

COFFEE, MARKETPLACE

HARBOUR ROOM

9:00AM – 9:05AM

WELCOMING REMARKS

THE HONOURABLE GRACE LORE, MINISTER OF STATE FOR CHILD CARE

9:05AM – 10:35AM

KEYNOTE PRESENTATION

LINDSAY SEALEY

10:35AM – 11:00AM

MORNING SNACK

HARBOUR ROOM

11:00AM – 1:00PM

MORNING WORKSHOPS

VARIOUS ROOMS

1:00PM – 2:00PM

OCEAN POINTE BUFFET LUNCH

ARBUTUS FOYER AND BALLROOM

MARKETPLACE & DESSERT

HARBOUR ROOM

2:00PM – 4:00PM

AFTERNOON WORKSHOPS

VARIOUS ROOMS

MTC 2023 MARKETPLACE

Special prices and sales for MTC 2023 participants – join us in the HARBOUR ROOM.

Discovery Toys
ECEBC
Rena's Felts

Usborne Books
Victoria Child Care Resource & Referral
School House Teaching Supplies

Wild Abandon Jewelry
Roxy's Chocolate
Susan Isaac Design

KEYNOTE PRESENTATION

MAKING TOMORROW: FINDING FLOW AND FLOURISHING

Lindsay Sealy, B.A., M.A. Ed.

Making your tomorrow begins with reflecting on how far you've come, accepting where you are today, and creating the future you will make happen! This presentation provides you with insights, ideas, and actionable steps you can take to dare to design your dreams. Together, we explore self-worth and self-compassion; how to be confident, brave, and bold; and tap into your intuition, strength, and power. With both the information and tools to try, you will be ready to flourish and fly!

Lindsay Sealey, B.A., M.A. Ed., is a dedicated educator, a passionate keynote speaker, an empowering consultant, and the author of *Growing Strong Girls and Rooted, Resilient, and Ready*, and *Made for More*. She holds a B.A. from Simon Fraser University and an M.A. in Educational Leadership from San Diego State University. She is currently pursuing her Ph. D in mind-body medicine. Lindsay is the founder of Bold New Girls™ and Brave New Boys™ – teaching and coaching designed to empower growing minds of all ages and with diverse experiences, to be healthy, happy, resilient, and confident.

WORKSHOPS

1. WELLNESS WITHIN – VISION BOARD WORKSHOP (EXECUTIVE BOARDROOM)

Ocean Kneeland, Professor, Early Childhood Education and Care

In this hands-on workshop, participants create their own vision board using a wide variety of art materials. This is an opportunity for educators and caregivers to reflect, create, and share their vision for wellness in a joyful and supportive space.

Ocean works as a Professor of Early Childhood Education and Care at Vancouver Island University. She is passionate about nature-based learning, Indigenous and multicultural ways of knowing and being, transformational leadership, and collaborative practices.

2. SUPPORTING TRANSGENDER & GENDER DIVERSE CHILDREN IN THE EARLY YEARS (PACIFIC SUITE)

TK Hannah, Early Childhood Educator and Forest School Educator

Early Childhood Educators play an important role in supporting gender creative and transgender children, their peers, and their families. In this workshop, we discuss concepts around gender expression and gender identity and how to educate children about complex topics in an accessible way. Learners gain knowledge of the particular barriers transgender and gender-creative children face and how to create safe, equitable, and gender-expansive learning environments that focus on joy and inclusion. We discuss how managers and co-workers can support gender-diverse educators in the field in a respectful, responsive way.

TK is a manager of a forest school with years of experience in Forest Schools in Ontario and BC. TK is an openly nonbinary transgender educator who uses they/he pronouns. In addition to Forest School, they work as a freelance workshop facilitator. TK is passionate about holistic education, the importance of play (no matter the age!), and the journey of unlearning.

WORKSHOPS CONTINUED

3. HOW DO WE KNOW OUR PROGRAMS ARE THE BEST THEY CAN BE? (ARBUTUS BALLROOM C/D)

Joan Gignac, Executive Director, Aboriginal Head Start Program

How do you know your programs for children and families are the best they can be? What tools do you use, and what processes do you include in your planning to evaluate and reflect? The presenters discuss and reflect on the LOVIT Way to evaluate our early year's programs, and share stories and practices to Learn, Observe, Value, Inspire and Transform.

Aboriginal Head Start program leaders and community partners co-presenting and celebrating the 'LOVIT Way' to deliver the best early years programs we can.

4. CHILD CARE LICENSING 101 - IN PARTNERSHIP (COWICHAN ROOM)

Linda Mellis, CCFL Child Care Licensing Officer and Rebecca Ozbadem, CCFL Child Care Licensing Officer

Ever wonder what the Community Care Facilities Licensing Program does and who it serves? If so, this workshop is for you. Topics covered include information specific to parents exploring childcare options, information for Early Childhood Educators working in licensed facilities, and how to go about opening your own childcare facility. This fun interactive workshop provides an overview of Child Care Licensing and a chance to learn a bit more about regulatory practice.

Linda is an Early Childhood Educator and has been working as a Child Care Licensing Officer with Island Health in Victoria for the past five years. Prior to joining the Licensing team, she was fortunate to work in a variety of early learning settings including Family Child Care, Co-operative Preschool, Before and After School Care, Infant Daycare, and Daycare for children aged three years to five years old.

Rebecca has been in the Early Childhood Education field for more 28 years. As an Early Childhood Educator and manager of several child care facilities, she developed an appreciation for the application of regulations, requirements, and health and safety for children. In her role as a child care licensing officer, she partners with the Early Childhood Education community and believes that working in collaboration, while sharing knowledge and experiences, connects us all.

5. BOUNDARIES FOR THE CAREGIVER (ARBUTUS BALLROOM B)

Dr. Allison Rees, Educator, Counselor, Writer

When we care for others, we do so by having an explicit sense of our own boundaries. Boundaries are those invisible lines that create a space for us to negotiate with those around us, our time, our responsibilities, and the care of our needs. Communication plays a key role in maintaining our boundaries. This workshop focuses on developing a deep understanding of our emotions, our needs, and our ability to express ourselves with complete and compassionate clarity. The content applies to all of our relationships.

Dr. Allison Rees has presented to over 35,000 parents and professionals in Victoria alone over the last 30 years. She has written two parenting books and continues to teach and train professionals in her field of parent education worldwide.

WORKSHOPS CONTINUED

6. KEEP GOING & KEEP GROWING (ARBUTUS BALLROOM A - MORNING)

Lindsay Sealey, MA Ed., founder of Bold New Girls and Brave New Boys

Using the principles of Carol Dweck's growth mindset and based on years of personal growth work, this workshop teaches you the process of growing *through* stress and struggles. This interactive session will explore: choosing process over perfection, the importance of mistakes and missteps, reflecting and accepting to move forward, motivational tools and tricks, creating support circles, seeing your "future self", and how to set and keep your goals.

Lindsay is our Making Tomorrow Conference keynote presenter. She is a dedicated educator, a passionate keynote speaker, an empowering consultant, and the author of *Growing Strong Girls and Rooted, Resilient, and Ready, and Made for More*.

7. MENTAL HEALTH MATTERS (ARBUTUS BALLROOM A - AFTERNOON)

Lindsay Sealey, MA Ed., founder of Bold New Girls and Brave New Boys

At a time when mental health concerns are rising and in a world of uncertainty and instability, we need self-awareness, self-kindness, and self-compassion. Join Lindsay and explore the steps to support ourselves and be supported. This workshop looks at the mental health spectrum, causes of stress and anxiety, the obstacles that get in the way of strong mental health, and the coping and healing tools needed to feel steady and strong.

Lindsay is our Making Tomorrow Conference keynote presenter. She is a dedicated educator, a passionate keynote speaker, an empowering consultant, and the author of *Growing Strong Girls and Rooted, Resilient, and Ready, and Made for More*.

The Making Tomorrow Conference is sponsored and coordinated by



the Vancouver Island Cooperative Preschool Association.

VICPA provides learning resources and community building to families and educators of young children.

We support parent-participation preschools on Vancouver Island and the Gulf Islands and are experts in family engagement in early years settings.

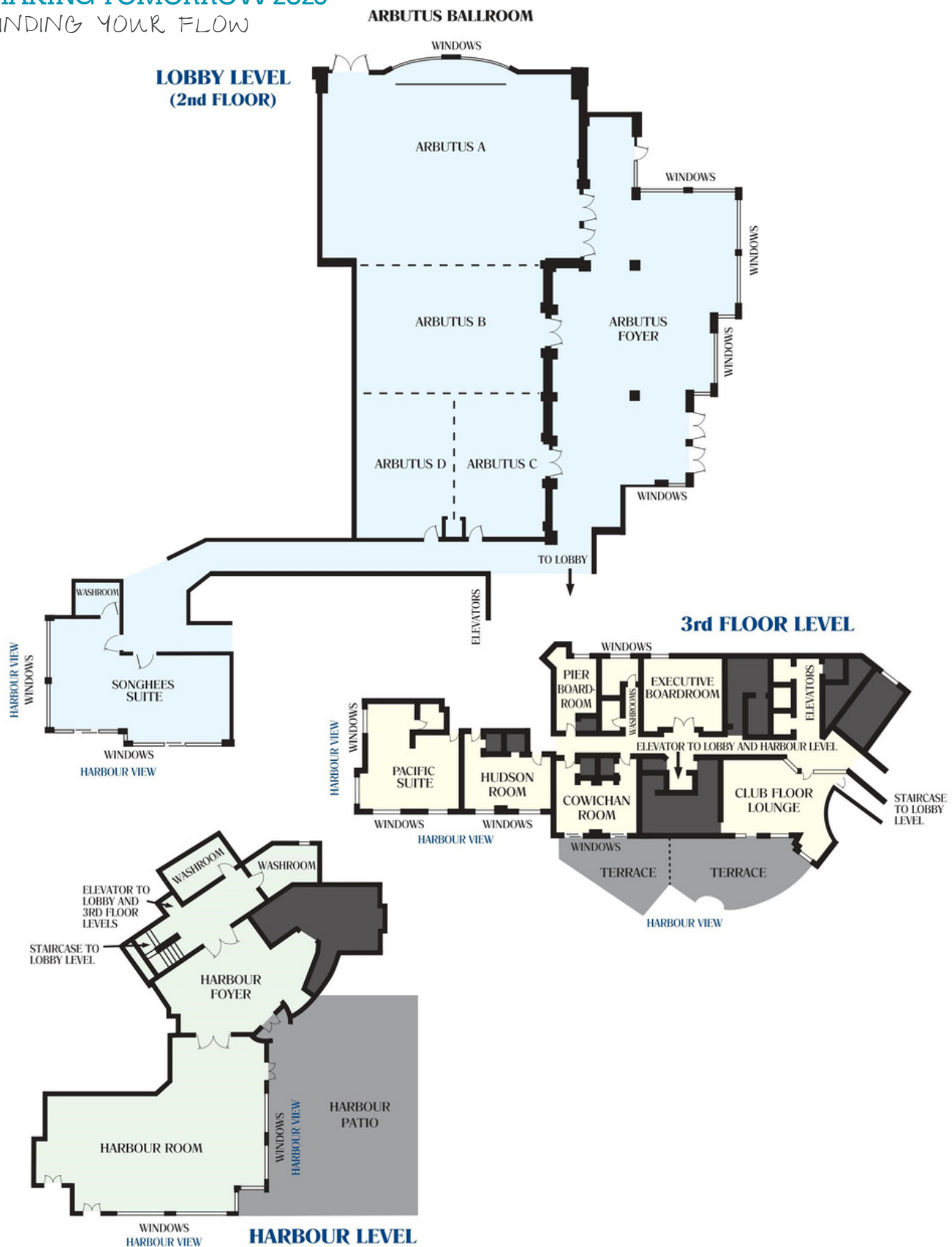
We advocate for high-quality early childhood education and care for children.

VICPA began as family 'play groups' in 1949 and has continued to build communities of education, teamwork and fun!

Visit us at vicpa.org for information about our preschools and programs

MAKING TOMORROW 2023

FINDING YOUR FLOW



The 2023 MTC provides certificates of Professional Development for 7 hours.
Certificates will be sent via email by April 30, 2023.

A large, light blue water splash graphic that originates from the left side of the page and flows downwards and to the right, ending near the bottom right corner. The splash has a dynamic, fluid appearance with various droplets and ripples.

MAKING TOMORROW 2023

FINDING YOUR FLOW

REFLECTIONS ON *FINDING YOUR FLOW*

- **WHAT DO YOU NEED TO LET GO OF FROM YESTERDAY?**
- **WHAT DO YOU NEED TO EMBRACE TODAY?**
- **WHAT DO YOU IMAGINE FOR TOMORROW?**

We invite you to share your thoughts and reflections on our website
www.makingtomorrowconference.com/reflections



MAKING TOMORROW 2023 FINDING YOUR FLOW

QUICK REFERENCE

- 1** Wellness Within – Vision Board Workshop ([Executive Boardroom](#))
- 2** Supporting Transgender & Gender Diverse Children in the Early Years ([Pacific Suite](#))
- 3** How do we know our programs are the best they can be? ([Arbutus Ballroom C/D](#))
- 4** Child Care Licensing 101 - In Partnership ([Cowichan Room](#))
- 5** Boundaries for the Caregiver ([Arbutus Ballroom B](#))
- 6** Keep Going & Keep Growing ([Arbutus Ballroom A - Morning](#))
- 7** Mental Health Matters ([Arbutus Ballroom A - Afternoon](#))



CONFERENCE PROGRAM

WWW.MAKINGTOMORROWCONFERENCE.COM/PROGRAM



VANCOUVER ISLAND CO-OP PRESCHOOLS

WWW.VICPA.ORG



The 2023 MTC is partially funded through the Canada-British Columbia Early Learning and Child Care (ELCC) Agreement between the Government of Canada and the Province of British Columbia.