

# ESPecially Yours

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## PD Day - February 17, 2017

ESP was very fortunate this year to have Kathie Donovan as the keynote speaker for our PD Day.

Kathie is an author, speaker, coach, trainer and broadcaster. She is the former co-host and co-producer of CTV Ottawa's Regional Contact.

Her mission now is to help our world evolve toward more good, more kind, more positive and more courage. She does this through her books, workshops, presentations, training and coaching sessions.

In her recently released second book *Unconform: Harnessing the Radical Power of Courage*, Kathie helps us unpack the idea of fear as a dominant force in our lives. Humans are wired to

be fearful, which explains why so many people never live the life they really want to live.

Kathie helps to embolden us to use courage as our guide to living a more fulfilling life.

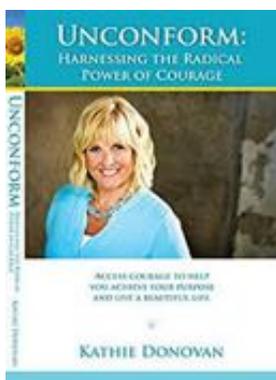
Throughout her presentation,



remember that you are important as well. When there are difficulties at work, you need to remember that your voice counts as well. You should not submit yourself to demeaning remarks or disrespect.

Do not be fearful in your life. You have the courage and strength to make your life better and to stand up for your rights.

I wish everyone could have heard Kathie speak. She speaks from her heart and she speaks to people, not at people. She was very honest about her life and what she is doing now.



she provided us with an uplifting message:

***“You are important and you matter”.***

She led us through the ups and downs of her career and what she had learned throughout. Each door that closes is not a closed door, it is an opportunity for change.

While each of us goes through difficult times, it is always important to

would recommend that everyone should read one or both of her two books, *Unconform* and *Inspiration in Action*. I have copies of both if anyone would like to borrow them.

*Nancy*



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# Celebrating Canada's 150 with ESP



## PD Day in Your Words

### Educators Value Plus/Financial Literacy

"I appreciate when financial workshops are offered. Very informative."

### Dangers of Sugar

"I really really enjoyed this presentation. The presenter was well prepared, had excellent information and was funny and personable. I was sorry that I had another workshop booked for the afternoon because I would have liked to attend her afternoon session which was different."

### Google Drive

"I learned some new info on how to work with Google drive, so I was happy."

### Easy Ways to Move More at Work

"Rick was really good, and showed us some easy to do kind of exercises and stretches to help us during our busy days."

### Heads Up for Healthier Brains

"She was lovely and very informed, especially considering she was a volunteer, I learned a lot."

### Google Forms

"Very informative and clear instructions. Presenter was very patient!"

### Great Canadian Paint Get Together

"I really enjoyed this session. I have never done a painting workshop like this before and I was impressed that my final product was not a complete disaster! This was a fantastic idea to have at our PD day and I really enjoyed it. I would do this again!"

### Managing Stress in the Workplace

"Would have liked more time, she was a wealth of knowledge. Great workshop."

### Medicine Wheel

"Not rushed very informative, educational questions answered clearly and in a manner we could understand without being made to feel stupid."

### Move On: Why we feel angry and anxious and what to do about it

"She was great to learn from and had some ideas of how to help manage anger, and understand what is happening in the brain."



## PD Day in Your Words

### Resume Writing and Interview Skills

“Excellent workshop, relevant and beneficial information. Thanks!”

### Yoga

“Loved the teacher, everyone could do the yoga, great beginning and ending, lots of stretching which was just what we all needed! Would attend her class again.”

### Lunch

“Regarding lunch - I found it too heavy. It would have been nice to have a green salad, fruit, etc, in addition to the heavier food items.”

### Photoshop Fun

“This was new to me, wish it was longer. Other people mentioned they would like to have had the option of choosing different levels, they knew the basics. Great workshop.”

### Gender Identity and Gender Expression

“This is the third time I have seen Carol Ann Burrows speak on Gender Expression and Gender Identity and I always learn something new each time. This is a worthwhile presentation and is of value to all staff in the OCDSB regardless of their role.”



*Hospitality students from Longfields Davidson Heights Secondary School*

## In Closing ...



"Before we begin I need to inform you that the computers in this row are not working and some of the passwords are not being accepted by all the computers."

### MEMBERS OF THE PD COMMITTEE

Nancy Akehurst  
Bev Charles  
Chelsea Dykens  
Margaret Elson  
Teresa Harrison  
Saul Mogelonsky  
Judy Soifer

### From the Committee:

Of course not everything went perfectly. It is challenging to coordinate the different presenters, and their audio-visual and space requirements. And of course not all the comments were positive ones. But the committee looks very carefully at all the comments and takes them into consideration for planning the next PD Day. We appreciate the suggestions from the many members who filled out the satisfaction survey. For those who feel really strongly, we invite you to join our committee! It is a great feeling to produce something that is of benefit to fellow members.

### Lucky Prize winners

Books: Krista Rajsic, Heidi Mogg

Best Buy \$150 Gift Cards: Pamela Branson, Pauline Allen, Anhthong Le, Priyanka Sabnani, Diane Rivard, Heather McGregor, Donna E. Burns, Patricia Perreault, Pattee Taylor, Bill Henderson



### Thanks for remembering to bring socks!

Thanks to your generosity we had two full boxes to give to the Street Smarts organization who distribute them to the homeless.



*Disclaimer - Although care has been taken in preparing the information contained in this publication, accuracy cannot be guaranteed. The opinions and views expressed do not necessarily reflect the opinions or views of OSSTF, or District 25.*