

## MEET JOHN



John is a skilled presenter, teacher and motivator. He utilizes story-telling, discussion, music and group interaction to promote awareness and change. John's experience in the field of prevention and system change spans over 20 years. He has worked with countless businesses, schools, churches, youth groups and community organizations to develop curriculum, plan action strategies, mediate conflict and teach prevention.

John's unique style goes beyond merely consulting. He nourishes conversation, motivates action and above all, builds trust among groups, engaging them to work together. He takes his audience on a journey where they are free to honestly express their attitudes and beliefs. His energy and non-threatening approach empowers people to make a positive difference in their community.

*Don't expect a lecture, overhead or graphs.*

*Don't expect a formula plan that doesn't relate to you.*

*Don't expect to sit still and be bored.*

*Don't expect to hear opinions stated as fact.*

*Do expect to be challenged intellectually and emotionally.*

*Do expect to experience the day.*

*Do expect to be surprised.*

***Do expect to have FUN.***

## MEET APRIL



April Flemming has worked with the Family Resource Network in a variety of roles for 15 years. She is currently an Early Childhood Training Specialist who works with early childhood and afterschool programs within a 13-county area in Northeast SD.

April graduated from South Dakota State University with a degree in Human Development. She and her husband have two children and she has worked as an afterschool site supervisor in the past. April serves on the advisory board for a local afterschool program as well as a resource partner for the SoDakSACA board.

### **"Supporting Social Emotional Development with Sanford Harmony"**

**- April Flemming & Janessa Bixel**

Get ready to meet Zee and learn about the Sanford Harmony social emotional learning program. Why Sanford Harmony? It is a research-based, social-emotional learning program shown to increase student achievement, school enjoyment, and empathy. This session will help you feel confident and prepared to bring Sanford Harmony to your program by actively participating in a Meet Up and Buddy Up. You will receive a free toolkit with lessons and activities you can easily use in your daily lesson plans!

**POWER**

**YOUR**

**POTENTIAL!**

# MEET JANESEA



Janessa Bixel is the Early Childhood Specialist for Early Childhood Connections in Rapid City, working with preschool and school-age providers. She has a Master's Degree in Early Childhood Education from the University of Alaska, Southeast and a Bachelor of Arts Degree in Psychology from the University of Hawaii at Manoa. Janessa has a passion for teaching and for early childhood education. She likes to fuel the same passion in others by sharing her knowledge and experience with teachers and care providers.

## **Social Emotional Development in OST Care**

Just as we teach literacy and math it is also important to be intentional about teaching social emotional skills. Participants will gain an understanding of the core components of social emotional learning and the importance of providing opportunities for out-of-school age children to understand their own, as well as others' emotions.

# MEET AUDREY



An alumni of South Dakota State University, Audrey Rider graduated from SDSU with a M.S. in Child and Family Studies and a B.S. in Early Childhood Education. She is an SDSU Extension Volunteer Development Field Specialist based out of the Watertown Regional Center. Rider is a 4-H alumni of Spink County and has been involved with Extension since serving as a summer assistant in 2003. Her commitment to extension is a testament to her passion for 4-H and working with kids. She lives on an acreage near Henry, South Dakota with her husband, Johnny, and two daughters, Ada and Annie. She loves to camp, snowmobile, ride four-wheelers, and be with her family and friends. Her husband, Johnny, is self-employed and is the owner of Badger Works Construction. They attend Bethlehem Lutheran Church in Vienna, South Dakota and love to help out in the surrounding communities when they can.

## **Uniquely You**

Do you ever feel like you're walking a tightrope between big career dreams and little humans? Audrey Jo Rider will take you on a journey from comparison to confidence, imperfection to uniqueness, and panic to planning! As she shares her story, you'll discover the support system that is already built into your own life, the courage to set and reach your own goals, and the empowerment to be a working mother without guilt or shame. Life can be rich, fulfilling, and flexible when you embrace the simple methods she will speak about.

## **Retreat at a Glance**

### **Thursday, April 5th**

Social & Emotional Learning (2 p.m. start time)

Dinner (provided on-site)

### **Friday, April 6th**

John Beranek

Lunch & Dinner (provided on-site)

### **Saturday, April 7th**

Panel Discussion

Audrey Rider (ending at 12 p.m.)

**\*\*Breakfast provided daily for those staying at the K Bar S Lodge.**

