



**TESA 2022 Summer Work Conference
Brazos Center, Bryan-College Station
June 13 – 16, 2022**

BREAKOUT SESSIONS

| TUESDAY, JUNE 14, 2022 | | 1:00 PM – 2:20 PM |
|--|--|--------------------------|
| 101 “EXTENSIONS, EXTENSIONS, EXTENSIONS! HOW THEY HELP AND HOW THEY CLUTTER” | | |
| <i>Michelle Barber M.Ed., Director of Digital Learning, Cleveland ISD</i> | | |
| Google extensions can take over your google browsers and cause havoc with how google chrome works. Come and learn what extensions are beneficial and can help with your work. Must be a user of Google Chrome. | | |
| 102 “SCREEN FREE KID – HOW SCREEN TIME IS AFFECTING OUR KIDS” | | |
| <i>Lindsay Paris, Community Liaison, Mesquite ISD</i> | | |
| Screens are everywhere, and society is encouraging adults to give children screens earlier and earlier, whether that be a tablet or a phone. What starts out as good intentions turns into a screen addiction that comes with dangerous consequences. It can affect a child’s mood, behaviors, sleep patterns, vision, and more. This class will touch on the dangers of screen addiction in children and teens as well as the benefits of reduced or no screen time. We will also discuss the damaging effects of social media in children and teens. | | |
| 103 “IF IT IS TO BE, IT IS UP TO ME” | | |
| <i>Candace Ahlfinger, Consultant and Speaker, LLC</i> | | |
| Every day is a new beginning with choices at every turn. These choices -- about attitude, appearance, and work quality -- are yours to make. Together, we will examine choices to help you succeed in your professional and personal life. “If it is to be, it is up to me.” | | |
| TUESDAY, JUNE 14, 2022 | | 2:30 PM – 3:50 PM |
| 104 “EXTENSIONS, EXTENSIONS, EXTENSIONS! HOW THEY HELP AND HOW THEY CLUTTER” | | |
| <i>Michelle Barber M.Ed., Director of Digital Learning, Cleveland ISD</i> | | |
| Google extensions can take over your google browsers and cause havoc with how google chrome works. Come and learn what extensions are beneficial and can help with your work. Must be a user of Google Chrome. | | |

105 “SCREEN FREE KID – HOW SCREEN TIME IS AFFECTING OUR KIDS”

Lindsay Paris, Community Liaison, Mesquite ISD

Screens are everywhere, and society is encouraging adults to give children screens earlier and earlier, whether that be a tablet or a phone. What starts out as good intentions turns into a screen addiction that comes with dangerous consequences. It can affect a child’s mood, behaviors, sleep patterns, vision, and more. This class will touch on the dangers of screen addiction in children and teens as well as the benefits of reduced or no screen time. We will also discuss the damaging effects of social media in children and teens.

106 “IF IT IS TO BE, IT IS UP TO ME”

Candace Ahlfinger, Consultant and Speaker, LLC

Every day is a new beginning with choices at every turn. These choices -- about attitude, appearance, and work quality -- are yours to make. Together, we will examine choices to help you succeed in your professional and personal life. “If it is to be, it is up to me.”

107 “ZUMBA® GOLD –FITNESS PARTY IN DISGUISE”

Irma Ford, CEOP, TESA Past President, Comal ISD Retired

Combination of Zumba® Gold toning and Zumba® Gold cardio. The first 25 minutes we will focus on low to moderate intensity strength training on muscular, conditioning, flexibility and balance. The remainder of the time we are going to PARTY!! Low to moderate intensity cardiovascular (in other words, we will dance). Wear loose breathable clothing or workout attire, athletic shoes with a smooth sole, bottle water and a small towel. There are never wrong moves in Zumba®, if you stumble, make it part of the dance. I have been teaching Zumba® for 8 years, COME JOIN THE PARTY!!

TUESDAY, JUNE 14, 2022

4:00 PM – 4:45 PM

108 “FIRST TIMERS SESSION”

TESA Past Presidents

All TESA Summer Work Conference first timers are invited to attend to learn more about TESA’s rich history as well as TESA programs and benefits. Session is sponsored by the TESA Past Presidents Association.

WEDNESDAY, JUNE 15, 2022

8:00 AM – 9:20 AM

201 “GOOGLE SLIDES: THE ULTIMATE DESIGN TOOL”

Tina Newman, Digital Learning Coach, Tomball ISD

Think you need a special program to make awesome flyers, pamphlets, and posters? Think again! Google Slides has amazing graphic design and editing tools right in the presentation software. Learn how to resize the slide, use the image search and word art tools, and how to download into graphics or pdf files for use in online sites or for printing. Design like a pro!
Must have a work or personal Gmail account to access Google Slides. Bring your laptop for hands on activities.

202 “STRESSED IS DESSERTS SPELLED BACKWARDS SO STRESS FOR SUCCESS!”

Debbie Wade, CEOP, Past President, San Jacinto College Retired

Guaranteed to be a “sweet” deal, we will identify stresses that are mixed into our lives. No need to “sugarcoat” it, we’ll have fun while learning how to manage stress so we can enjoy the “sweet” taste of success and the desserts we so richly deserve!

| | |
|---|--|
| <p>203 “STAY CONVERSATIONS” <i>Michael Bland, Executive Director of Innovation, Garland ISD</i> “Stay conversations” are an important retention tool that often follow a point of disruption in an organization, but don’t always have to in order to realize the benefits. They are conversations held by a leader with their high-potential and critical talent to reinforce their value and how much the organization appreciates them and their strong future ahead. They build trust and aim to stabilize people quickly to return them to their comfortable state or keep them continually driving for results and demonstrating discretionary effort. They also play a role in building confidence and prevent talent from walking out the door to other job opportunities.</p> | |
| <p>WEDNESDAY, JUNE 15, 2022 1:30 PM – 4:45 PM Extended Session</p> | |
| <p>204 “SACRED REST: REFRESHING PRACTICES TO RESTORE YOUR SANITY” <i>Jamie Vincek, Director Staff Development, Lamar CISD</i> The mad pace of life, the number of demands on our time and energy, global pandemics, and the overwhelming information and demands coming at us 24/7 has left us all ragged and emptied. In the session, we’ll explore types of rest and strategies for improving rest throughout your day to thrive not just in your career but in relationships and life.</p> | |
| <p>WEDNESDAY, JUNE 15, 2022 1:30 PM – 2:50 PM</p> | |
| <p>205 “GOOGLE SLIDES: THE ULTIMATE DESIGN TOOL” <i>Tina Newman, Digital Learning Coach, Tomball ISD</i> Think you need a special program to make awesome flyers, pamphlets, and posters? Think again! Google Slides has amazing graphic design and editing tools right in the presentation software. Learn how to resize the slide, use the image search and word art tools, and how to download into graphics or pdf files for use in online sites or for printing. Design like a pro! Must have a work or personal Gmail account to access Google Slides. Bring your laptop for hands on activities.</p> | |
| <p>206 ERGONOMICS: INJURY PREVENTION <i>Ryan Boyce, Risk Solution Consultant II, Risk Prevention Services, Texas Association of School Boards, Inc.</i> You get one body treat it well and it will treat you well. Learn more about workstation posture, better behaviors for wellness, and why sitting is impacting your health. You will also gain insight to proper body mechanics and what repetitive stress injuries look like.</p> | |
| <p>207 WHAT DO YOU MEAN? ENHANCING PROFESSIONAL CORRESPONDENCE <i>Chris Marrs, Executive Dean-Rellis Campus, Blinn College</i> Capitalizing on his experience as both a U.S. Navy Officer and a community college senior executive, Chris highlights the importance of professional communication and correspondence in the workplace. Using a mix of humorous and serious stories to emphasize learning points, Chris offers his audience practical tools to enhance their written and verbal communication skills. Armed with a unique mix of experiences as a fighter jet pilot and a degree in journalism, Chris’ interactive presentation is certain to have an immediate and positive impact on your workplace communications.</p> | |

WEDNESDAY, JUNE 15, 2022

3:00 PM – 4:20 PM

208 “GOOGLE SLIDES: THE ULTIMATE DESIGN TOOL”

Tina Newman, Digital Learning Coach, Tomball ISD

Think you need a special program to make awesome flyers, pamphlets, and posters? Think again! Google Slides has amazing graphic design and editing tools right in the presentation software. Learn how to resize the slide, use the image search and word art tools, and how to download into graphics or pdf files for use in online sites or for printing. Design like a pro! Must have a work or personal Gmail account to access Google Slides. Bring your laptop for hands on activities.

209 “UNIQUELY YOU.....SELF-ESTEEM

Barbara Jennings, TESA Past President 2006-2007, Retired from San Jacinto College

Definition of self-esteem, factors to build self-esteem, benefits of high self-esteem, a person's strengths and weaknesses, ways to take responsibility and positive statements.

210 WHAT DO YOU MEAN? ENHANCING PROFESSIONAL CORRESPONDENCE

Chris Marrs, Executive Dean-Rellis Campus, Blinn College

Capitalizing on his experience as both a U.S. Navy Officer and a community college senior executive, Chris highlights the importance of professional communication and correspondence in the workplace. Using a mix of humorous and serious stories to emphasize learning points, Chris offers his audience practical tools to enhance their written and verbal communication skills. Armed with a unique mix of experiences as a fighter jet pilot and a degree in journalism, Chris' interactive presentation is certain to have an immediate and positive impact on your workplace communications.

THURSDAY, JUNE 16, 2022

8:00 AM - 9:20 AM

301 “BE ALL YOU CAN BE.....EMPTY YOUR YUCKIE BUCKET”

Barbara Jennings, TESA Past President 2006-2007, Retired from San Jacinto College

A look at the foundation of who we are, the experiences that cause loss and pain, expectations we put on ourselves and others, how to heal from the pain and anger. How to set healthy boundaries.

302 “HOW TO WORK IN EDUCATION AND LIVE TO TELL ABOUT IT!”

Debbie Wade, CEOP, Past President, San Jacinto College Retired

Learn the secrets to surviving our daily educational challenges while having some “wild and crazy” fun! Discover why humor, creativity, flexibility, observation, listening, and stress management are the keys to surviving in the workplace. This one's for YOU!

303 “WANT TO BECOME A “STEM” CONSULTANT?”

Juliana Holmes, CEOP, Income TESA President, Garland ISD

I can get paid doing that? YES!! STEM consultants do get paid. Join me in learning more about the process to become a STEM Consultant.

THURSDAY, JUNE 16, 2022

1:15 PM - 4:30 PM

Extended Session

304 “LOVE AND LOGIC”

Kelly Smith, LPA, Mesquite ISD

Love and Logic is a program that was created in 1977 by Jim Fay and Foster Cline.

This program is research based. Love and Logic is all about positive relationship building. This program may be used at home, school, the community and in the workplace. Love and Logic has three simple rules to building positive relationships while helping others becoming great problem solvers. Love and Logic can be used with children as young as 2 and continued to be used throughout adulthood. This program has many positive side effects and helps everyone.

THURSDAY, JUNE 16, 2022

1:15 PM – 2:30 PM

305 “GOOGLE DRIVE, DRIVING YOU CRAZY?”

Brittney Cohan, Digital Learning Coach, Tomball ISD

Come learn how to organize your Google Drive and make finding documents more efficient. We will learn how to use color coding, folders, and even emoji’s to create a Google Drive that is organized. We will also look at how to use the search feature in Google Drive to find documents. Bring your laptop for hands on activities.

306 “HOW TO PLAN A TRIP ON A BUDGET”

Jim Pitts, Travel Planner, Key to the World Travel

Tips and tricks to help educational support staff afford fun and exciting family vacations with an emphasis on Disney properties (Walt Disney World, Disneyland, Disney Cruise Line)

307 “EVERYDAY LEADERSHIP CHALLENGES: LESSONS LEARNED AS A U.S. NAVY OFFICER”

Chris Marrs, Executive Dean-Rellis Campus, Blinn College

A retired 23-year U.S. Navy Officer and Naval Aviator, Commander Marrs has had the opportunity to lead at many levels. Whether at sea or ashore, whether airborne or with “Boots on the ground”.....Leadership opportunities often came without notice – and oftentimes when he wasn’t the most senior person on the scene. As executive Dean of the Blinn College Campus at Rellis, Chris now applies the same leadership principles acquired during his navel service to the academic environment, serving others by practicing transformational, servant and authentic leadership. Through interactive storytelling, Chris proves that *Everyone* is a leader – regardless of their position in an organization.

THURSDAY, JUNE 16, 2022

2:45 PM – 4:00 PM

308 “GOOGLE DRIVE, DRIVING YOU CRAZY?”

Brittney Cohan, Digital Learning Coach, Tomball ISD

Come learn how to organize your Google Drive and make finding documents more efficient. We will learn how to use color coding, folders, and even emojis to create a Google Drive that is organized. We will also look at how to use the search feature in Google Drive to find documents. Bring your laptop for hands on activities.

309 “HOW TO PLAN A TRIP ON A BUDGET”

Jim Pitts, Travel Planner, Key to the World Travel

Tips and tricks to help educational support staff afford fun and exciting family vacations with an emphasis on Disney properties (Walt Disney World, Disneyland, Disney Cruise Line)

310 “EVERYDAY LEADERSHIP CHALLENGES: LESSONS LEARNED AS A U.S. NAVY OFFICER”

Chris Marrs, Executive Dean-Rellis Campus, Blinn College

A retired 23-year U.S. Navy Officer and Naval Aviator, Commander Marrs has had the opportunity to lead at many levels. Whether at sea or ashore, whether airborne or with “Boots on the ground”.....Leadership opportunities often came without notice – and oftentimes when he wasn’t the most senior person on the scene. As executive Dean of the Blinn College Campus at Rellis, Chris now applies the same leadership principles acquired during his navel service to the academic environment, serving others by practicing transformational, servant and authentic leadership. Through interactive storytelling, Chris proves that *Everyone* is a leader – regardless of their position in an organization.

311 “ZUMBA® GOLD –FITNESS PARTY IN DISGUISE”

Irma Ford, CEOP, TESA Past President, Comal ISD Retired

Combination of Zumba® Gold toning and Zumba® Gold cardio. The first 25 minutes we will focus on low to moderate intensity strength training on muscular, conditioning, flexibility and balance. The remainder of the time we are going to PARTY!! Low to moderate intensity cardiovascular (in other words, we will dance). Wear loose breathable clothing or workout attire, athletic shoes with a smooth sole, bottle water and a small towel. There are never wrong moves in Zumba®, if you stumble, make it part of the dance. I have been teaching Zumba® for 8 years, COME JOIN THE PARTY!!

