

Join Us at the Lake!

TESA Area Workshop

Hosted by Garland Educational Support Staff Association

Saturday, March 23, 2019

Lakeview Centennial High School

3505 Hayman Dr., Garland, TX 75043

Registrations requested by **MARCH 15, 2019**

NAME		MEMBER OF TESA	Yes <input type="checkbox"/>	No <input type="checkbox"/>
INSTITUTION		EMAIL ADDRESS		
ADDRESS		CITY, STATE, ZIP		
Register early, some sessions will fill up quickly!				

TESA AREA WORKSHOP FEES – Choose Workshop or STEM class		
AREA WORKSHOP (includes Lunch with Keynote and choice of 4 Breakout Sessions)	\$50.00	<input type="checkbox"/>
3 hr. STEM* CLASS – Professional Growth (includes Lunch with Keynote and 2 Breakout Sessions)	\$65.00	<input type="checkbox"/>
STEM Class ONLY – no lunch or breakout session	\$50.00	<input type="checkbox"/>
EXTRA lunch ticket for a guest or CIT participant	\$15.00	<input type="checkbox"/>
Registration Total		

Registration – 7:15-7:30 AM (Doors open at 7 AM)		
Breakfast - Welcome and Introductions – 7:30 – 7:55 AM		
CIT Class (must have completed Part I in Lewisville) (no breakfast/lunch) 8:00 – 11:00 AM		<input type="checkbox"/>
SESSION CHOICES – 8:00 – 9:25 AM	1 st choice	2 nd choice
Your Well Being Check-up	<input type="checkbox"/>	<input type="checkbox"/>
Recognizing Stress and Drugs in Students	<input type="checkbox"/>	<input type="checkbox"/>
SESSION CHOICES – 9:30 – 11:00 AM	1 st choice	2 nd choice
What Gets You Up in the Morning	<input type="checkbox"/>	<input type="checkbox"/>
Becoming Better...Developing Leadership and Learning to Grow	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH – 11:10 AM – 12:25 PM		
TESA Announcements from Executive Board Keynote: Dr. Wendy Eldredge, Asst. Superintendent GISD “Become 1% Better”		
STEM Class – Professional Growth (3 hrs) 12:30 – 3:30 PM		<input type="checkbox"/>
SESSION CHOICES – 12:35 – 2:05 PM	1 st choice	2 nd choice
The Power of Posture	<input type="checkbox"/>	<input type="checkbox"/>
It Won't Happen Here: Part One (complete Part 1 & 2 for 3-hr STEM credit)	<input type="checkbox"/>	<input type="checkbox"/>
SESSION CHOICES – 2:10 – 3:40 PM	1 st choice	2 nd choice
It Won't Happen Here: Part Two (complete Part 1 & 2 for 3-hr STEM credit)	<input type="checkbox"/>	<input type="checkbox"/>
TRS Retirement – Understanding how to maximize and prepare for the retirement you deserve	<input type="checkbox"/>	<input type="checkbox"/>

Send payment and registration forms to: **Juliana Holmes, Workshop Chairman**

PO Box 460941

Garland, TX 75046-0941

Phone Number 972-754-6459 (leave voice mail)

*Please make checks payable to GESSA
(Garland Educational Support Staff Association)*

Send dietary restrictions to [Alicia Lopez](#)

You are **NOT** registered until payment is received. Purchase orders are **NOT** accepted.

Cancellations: No refunds after March 18, 2019.

Breakout Session Descriptions

Your Well-Being Check Up

Elizabeth Kiertscher – Garland ISD Certified Wellness Program Coordinator

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence. Attend this session to learn about the 6 dimensions of wellness (Emotional, Occupational, Physical, Social, Intellectual, Spiritual), assess your current well-being status and make a plan for your own well-being.

Recognizing Stress and Drugs In Students

Alberto Irizarry – Garland Police Community Relations Officer

Today's youth are good at hiding things from adults. Drugs, stress, relationships, this session will help you find the warning signs and what to look for.

What Gets You Up In The Morning

Carey D. Dowl – Garland ISD Mentor

Does your job define you or does your presence define your job? How would you define your job? Spend time in this session and let's discuss what makes you get up in the morning.

Becoming Better....Developing Leadership and Learning to Grow

Dr. Bonnie Barrett – Daugherty Elementary Principal

This workshop focuses on identifying your inner leadership abilities and strategies to enhance your personal and professional growth.

The Power of Posture

Dr. Joey Dudrow, D.C. – Southwestern Chiropractic and Wellness Center

In this session, we will be diving into the importance of your spine and how improper posture can affect your overall health. We will also be discussing how to recognize poor posture, tips for proper ergonomics, and steps to improve your spinal health.

"It Won't Happen Here"

Pat Lamb – Garland ISD Director of Security

Kiel Pankonien – Garland ISD Security Coordinator

Session 1 (**must complete Part 1 & Part 2 for 3-hrs STEM credit**)

A look into school violence and how it can happen anywhere. This will help to change the mindset and prepare attendees to be ready to respond, should the unthinkable happen.

Session 2 (**must complete Part 1 & Part 2 for 3-hrs STEM credit**)

If it does happen here, do you know the SRP? The Standard Response Protocol is based not on individual scenarios but on the response to any given situation.

"TRS Retirement – Understanding how to maximize and prepare for the retirement you deserve"

Paula Mayfield – Texas pension Expert

TRS Retirement session will provide important information to assist you in understanding the different retirement plans and personal savings vehicles that your school districts offer. These plans consist of 403(b), 457, and 401a plans. Mrs. Mayfield will go over how you can maximize and prepare for the retirement you deserve.

TESA HAS STEM CLASSES TOO! We are proud to also offer a STEM class for TESA's Staff Training for Effective Management Certified Educational Office Professional certification.

**The Staff Training for Effective Management (STEM) is a professional development program designed for educational support personnel. The STEM program is sponsored by the Texas Educational Support Staff Association, Inc. (TESA). The program was developed in cooperation with the Texas Education Agency, Texas Association of School Administrators, Texas Elementary Principals and Supervisors Association, Texas Association of Secondary School Principals, Texas Public Community/Junior College Association, University of Texas and other professional educational associations.*

Professional Growth ~ Presenter: Barbara Jennings

Participants discuss the goal-setting process and develop personal plans of action for specific goals.

Hotel Information:

Hotel	Address	Phone	Column1	Column2	Column3
Holiday Inn Express & Suites Garland	E-Lake Ray Hubbard 4412 Bass Pro Drive Garland, TX 75043	(972) 203-5700	Breakfast Included	Free Parking	\$109
Click the link to reserve a room TESA Area Workshop Price good till March 1, 2019					
If you will be arriving Thursday or staying Saturday night, please let them know so you will be afforded the same conference rate. Please add the info to your registration.					
For questions regarding your hotel reservation, please contact Shannon Murray, Sales Manager.					