

Balancing Act

ETFO's Women's Health and Well-being
Conference



December 2-3, 2020
Virtual

Registration Fee: \$30.00

This Professional Relations Services conference focuses on women's health and well-being and will feature wellness workshops and an opportunity to network with women members across Ontario.

Deadline to register is **November 13.**
Register at events.etfo.org.

For more information, please contact Phyllis Hession-White at phessionwhite@etfo.org.



Conference Information

There will be two workshops offered on December 3, 2020.

Workshop topics include:

- Professional Boundaries;
- WSIB and LTD;
- Mental and Physical Resilience;
- Mindfulness;
- Mental Health; and
- Workplace Harassment.

The opening and keynote address begins at 7:00 p.m. on Wednesday, December 2.

Selection Criteria

- Women members;
- First time attending the conference;
- Members who are at the initial stages of union involvement;
- Local representation from across the province; and
- Women from designated groups.

To register

Visit events.etfo.org and click on the Balancing Act tab. Please have your ETFO membership number handy.

Keynote Address: Dr. Beth Veale

Cultivating your Inner Cactus

This current season of Covid uncertainty is challenging our personal and collective wellness. How do we manage to survive and even thrive in conditions that are stretching the limits of our individual and professional resources? With characteristic warmth, insight and humour, Beth invites us to consider strategies that nourish health and growth through unchosen circumstances.



Dr. Beth Veale is an engaging and dynamic presenter who enjoys sharing her passion for inspirational leadership with educators. A retired Superintendent of Education from the Toronto District School Board, Beth brings an extensive educational background to her practice. Beth began her teaching career in Scarborough, Ontario, where she developed expertise in teaching middle school learners, special education and guidance. Beth earned her PhD in Education at OISE/UT where her studies focused on the experiences of young adolescents who were struggling at school. As a vice-principal, principal and superintendent Beth positively impacted students, staff and colleagues with her characteristic warmth, humour, wisdom and compassion. She continues to inspire educational leaders in personal and professional development through her company, Breathe Leadership.

