

# Delaware Institute for Excellence in Early Childhood

# SHINING THE LIGHT ON YOU

**Shining the Light on You** is a 15-week professional development program that focuses on the health and wellbeing of FCC professionals. During this virtual program, participants have the opportunity to discover more about wellness topics and receive support for their individual wellness goals **by participating in three activities:**

## Group Health Coaching

- Virtual sessions will be held once a week throughout the 15-week program
- Learn and discuss important wellness topics

## One-on-One Health Coaching

- Three virtual sessions with a board certified health & wellness coach
- Receive support for setting & achieving goals

## Support Group Chats

- Small texting groups of three to five people for support on the go
- Give and receive support for achieving goals

## Meet the Facilitators



Erika Vidal  
DIEEC Quality  
Improvement Specialist



Nadin Benrey M.A. NBC-HWC  
National Board Certified Health  
and Wellness Coach

## Benefits of Participating

- Receive up to 18 Quality Assured hours
- Opportunity to work with a board-certified health & wellness coach at no charge

## Wellness topics are tailored to the interests of the group and may include:

- ▶ Mindfulness
- ▶ Self-care
- ▶ Physical activity
- ▶ Stress & sleep management
- ▶ Financial wellness
- ▶ Time management
- ▶ Yoga
- ▶ Mindful eating
- ▶ Nutrition...and more!

**VIRTUAL INFO SESSIONS**  
January 27th or February 10th at  
6:30 p.m.

Register for an information session  
by clicking on the link or scanning  
the QR code.

<https://bit.ly/3Vxa1XY>

