

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 well-being of family child care 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

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!

Meet the Facilitators



Tina Mays

DIEEC Family Child Care
Network Coordinator



Nadin Benrey M.A. NBC-HWC

National Board Certified
Health & Wellness Coach

Benefits of Participating

- Receive up to 18 Quality Assured hours
- A kit stocked with essential supplies to support you in your wellness journey
- Opportunity to work with a board-certified health & wellness coach at no charge



Ginsburg Institute

The Ginsburg Institute at Nemours Children's Health strives to create a world where every child can thrive and achieve their full potential for health and well-being.

Attend one of our upcoming information session- use the link to sign up.

11/10 6:30-7:30
11/12 6:30-7:30



<http://www.udel.edu/0015110>



COLLEGE OF EDUCATION & HUMAN DEVELOPMENT
COLLEGE OF HEALTH SCIENCES

SHINING THE LIGHT ON YOU

Wellness Kits

Each participant will receive a kit stocked with essential supplies for your wellness journey!

Tools to support mindfulness and mental health

- Headspace app subscription
- Affirmation card deck
- Guided meditation CD
- White noise machine
- Essential oil and epsom salts
- Gratitude journal



Books that focus on the how and why of self-care

- Atomic Habits
- The Four Tendencies
- Mindful Eating
- Stress-Management Workbook
- Positive Affirmations



With this kit and your Shining the Light on You team, you're on your way to a stronger, healthier, more mindful YOU!