

EITP Team Retreat
September 27 & 28, 2018
Lincolnshire Fields Country Club 2000 Byrnebruk Dr Champaign, IL 61822-9243

This professional development and learning event will be centered, first and foremost, on providing opportunities to turn inward and examine our own mindsets, beliefs, and current practices. We will then have opportunities to gather and combine our insight, our passion, and our expertise to clarify and extend the group's mission and co-create the vision for the group's work over the next several years.

In general, we will move at a pace that allows for introspection, discussion, and application. We will, in essence, practice what we preach when it comes to addressing the adult learner as a whole, engage in deep listening and learning, and find practical solutions to complex challenges.

The time will be filled with opportunities to reflect, to discuss (and debate as the need arises), to co-construct, and to plan.

To best prepare yourself for the time we'll have together, you are invited to do the following:

1. Complete any or all of the flipped learning activities, in particular, taking the EQ quiz.
 - **Flipped Learning Options (complete some or all - prioritize the EQ Quiz)**
 - **Watch this:** Navigating and Managing Complex Change in Early Care and Education [[link to FB live broadcast](#)]
 - **Listen to this:** Conversation I had with Laura Fish about "seeing the adult behind the behavior" [[link to post with embedded audio file](#)]
 - **Read this:** Guiding Questions That Will Raise Your EQ And Transform PD [[link to blog](#)]
 - **Do this:** Take the EQ Quiz ([paper or online version](#)) and be ready to share and explore results
2. Ready self to listen before aiming to solve and to be curious before feeling resistant
3. Dress comfortably, bring what you need to remain comfortable, and in particular you may want your laptop or mobile device, earbuds, and something to color with

What to expect?

There isn't a strict agenda for our time together. However, we will start and end on time. We will also eat at a designated time each day. Lastly, we'll move through topics in a way that allows us to explore our own mindset and current "way of doing things", to come together to align to our collective mission, and to explore our vision for the future.

Here is a broad look at our schedule.

Thursday (10-5)

- Meet and greet at 10:00 and enter circle by around 10:15
- Contemplative reflection to ground us and ready us for the work ahead
- Overview of the day and initial conversation regarding our EQ
- Importance of EQ and the role it plays in getting to a change in practice
- Topics that will be explored until around 5:00
 - Teaching the whole adult learner
 - Mind/body/heart
 - Creating communities of learning and practice
 - Identifying significant learning outcomes
 - Coaching with compassion
 - Getting to implementation
 - Yes Brain vs. No Brain
 - Habits
 - Green Zone
 - Raising our collective emotional intelligence
 - Self-awareness
 - Self-regulation
 - Social-awareness
 - Situational awareness
 - Spirituality

Thursday (5:00 - 6:00) Hotel Check-in, if needed

Thursday (6:15 - 7:30) Brainstorm Escapes followed by light dinner/refreshments at Tweety's

Escape Room: 61 E University Ave, Champaign, IL 61820 in the old Thrifty Nickel, near Amtrak station

Tweety's House: 2313 Greenwood Court Champaign, IL 61820

Friday (8:30 - 2:30)

- Begin to shift and apply what is being explored to the mission of the EITP
- Individual and collective strengths and their connection to the mission
- Hopes and vision for the future of the EITP
- Action planning/Appreciative Inquiry
- Closing Circle to celebrate our ubuntu (our shared humanity)