

# WELLNESS AND LEADERSHIP

## Strategies that make a difference



Collage by L. Butler-Kisber 2010

### DAY 1

#### **NUTRITIONAL ADVICE: Is there a solution to the confusion?**

Eating has become a confusing experience. Virtually every day brings news about some “miracle food” that we should be gulping down. One day it’s tomatoes to prevent cancer, then flaxseed against heart disease or soybeans for menopause. Then there are the worries: genetic modification, aspartame, MSG, the safety and efficacy of dietary supplements. We need proper science to guide us through this nutritional maze.



**Dr. Joe Schwarcz**, Director of McGill University’s “Office for Science and Society, is well known for his informative and entertaining public lectures on topics such as the chemistry of love and the science of aging. He hosts “The Dr. Joe Show” on Montreal and Toronto radio and has appeared numerous times on The Discovery Channel, CTV, CBC, TV Ontario and Global Television.

#### **TAMING THE STRESS MONSTERS LURKING IN LEADERSHIP**

Gordon Bloom will share his passion and knowledge of the mental skills used by successful athletes and coaches in North America. He will talk about his work with Olympic athletes at our National Training Center, where he oversees a mental training program that is designed to help improve athletes’ anxiety, stress, concentration, and confidence skills. Gordon’s presentation will provide you with some of the psychological strategies used by many of the most successful leaders and performers in North America to help you accelerate your own level of performance at work and in life.



**Dr. Gordon Bloom** is an Associate Professor of Sport Psychology at McGill University who has worked with the world’s leading coaches and athletes as both researcher and sport psychology practitioner. His research program addresses strategies employed by elite coaches in terms of leadership, coaching and team building.

#### **MINDSET, LEARNING AND LIFESTYLE CHOICES**

In this session, recent ideas on the effects of mindsets on learning and development will be presented (Dweck, 2007). With these ideas as a backdrop, the differences between fixed and growth mindsets will be examined in relation to their impact on professional learning and decisions about lifestyle choices.



**Dr. A. E. Ted Wall**, former Dean of the Faculty of Education, at McGill University, teaches graduate courses on the development of leadership expertise as well as the educational change process. He is known for his ability to integrate research findings into meaningful practical strategies that help leaders meet the complex demands of educational leadership.

#### **JUST A MINUTE! Simple Strategies for Yoga, Meditation and Relaxation**

Explore ten strategies that you can incorporate into your daily life to create more ease, energy and inner power. Most of these “just a minute” strategies can be done right in your office without having to change your clothing. Welcome waiting in line or being stuck in traffic, as an opportunity for personal growth and revitalization. You will want to share some of these easy techniques with your staff to create a healthier and happier vibe in your workplace.



**Angi Bloom**, former high school teacher and founder of YOGABLOOM, is an innovative facilitator who has inspired many people to experience the emotional and physical benefits of yoga. Angi is a popular presenter at seminars and conferences.

### DAY 2

#### **MANAGING MULTIPLE PRIORITIES: Organization made easy for educational leaders**

This interactive seminar will help you to create a comprehensive system for bringing order and control to your personal and professional life. Your level of stress will diminish as your level of organization and time management increases.

##### **Topics**

- Handling the paper blizzard.
- Using a single “signature tool” to organize your life.
- Establishing a system for tasks which repeat.
- Mastering the flood of information.
- Handling multiple projects.

##### **Learn**

- How to organize using digital or paper tools.
- How to document effortlessly.
- How to get your e-mail to empty every day.
- How to use the “Fab 5” to give focus to your day.
- How to reduce stress and increase the joy in your job.



**Dr. Frank Buck**, a former teacher, principal and central office administrator, has perfected organizational tools that he has been sharing through workshops, national conferences, and two books. He has served as editorial advisor for the National Association of Elementary School Principals and has authored books and articles aimed at helping others become better organized and better managers of their time.

## THURSDAY January 20

- 8:00 Registration & continental breakfast
- 8:45 Welcome—*Ted Wall*
- 9:00 **NUTRITIONAL ADVICE**  
**Is there a solution to the confusion?**  
*Joe Schwarcz*
- 10:45 Break
- 11:00 **TAMING THE STRESS MONSTERS LURKING IN LEADERSHIP**  
*Gordon Bloom*
- 12:30 **LUNCH**
- 1:45 **MINDSET, LEARNING AND LIFESTYLE CHOICES**  
*Ted Wall*
- 2:15 **JUST A MINUTE!**  
**Simple Strategies for Yoga, Meditation and Relaxation**  
*Angi Bloom*
- 3:30 **WRAP-UP**—*Ted Wall*
- 4:15 **PERSONAL CHOICE: LEISURE OPTIONS**
  - Restorative Yoga
  - Snowshoeing
  - Skiing (purchase lift pass)
  - Pool and/or gym
  - Massage (extra charge)
- 6:00 **JUICE/WINE BAR**
- 7:00 **DINNER**

## FRIDAY January 21

- 7:30 **BREAKFAST**
- 9:00 **MANAGING MULTIPLE PRIORITIES: Organization made easy for educational leaders (Part one)**  
*Frank Buck*
- 10:30 Break
- 12:00 **LUNCH**
- 1:15 **MANAGING MULTIPLE PRIORITIES: Organization made easy for educational leaders (Part two)**
- 3:00 **WRAP-UP**—*Ted Wall*

1699, chemin du Mont-Gabriel  
Sainte-Adèle, Québec J8B 1A5



**Your registration fee does not include overnight accommodation. A block of rooms has been reserved for this event at the special rate of \$98 plus taxes, single or double occupancy. Please reserve before December 20, 2010. Call 1-800-668-5253 to book your room as soon as you register.**

## Registration Form

Fax this form to: 514 398-7436

Registration fee includes all seminars, meals, and taxes but not accommodation.

- Register by December 20, Fee: \$595.00 (+ GST \$29.75 + PST \$46.86) Total \$671.61\*
- Register after December 20, Fee: \$639 (+ GST \$31.95 and PST \$50.32) Total \$721.27\*

Centre for Educational Leadership (CEL)  
"learning to lead, leading to learn"

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Montreal, QC H3A 1Y2

**Submit payment with registration  
(make cheques payable to McGill University)**

**Registration fee includes on site meals  
plus taxes**

WELLNESS AND LEADERSHIP

January 20 & 21, 2011

Hôtel Mont Gabriel

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/PROV: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

TEL-BUS: \_\_\_\_\_ TEL-HOME: \_\_\_\_\_

FAX: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ SCHOOL BOARD: \_\_\_\_\_

METHOD OF PAYMENT:  VISA  MASTERCARD  CHEQUE

CARD # \_\_\_\_\_

EXPIRY DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

SIGNATURE: \_\_\_\_\_