

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



Benefits of Participating

- Receive up to 18 Quality Assured hours by participating
- Opportunity to work with a board certified health & wellness coach at no charge
- Receive Amazon gift cards for completing two program surveys

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!

Register to receive more information by clicking on the link or scanning the QR code.

<https://forms.gle/dV5tpo1XKJ1ySGbDA>

