

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:



Erika Vidal
DIEEC Quality
Improvement Specialist



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

Attendance at an information session is required before applying. Register by clicking on the link or scanning the QR code.

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



VIRTUAL INFO SESSIONS:

October 28 or November 4 at 6:30 p.m.