OCESP 2019 Conference

Nov. 15 — Nov. 16 2019
Holiday Inn Salem, OR

Oregon Council for Education Support Professionals
#RedForEd
THE OEA OCESP FALL CONFERENCE is a professional development opportunity for Education Support Professionals in Oregon. The goal of this conference is to enhance the skills and knowledge of OEA ESP members by providing professional development that is relevant to the work we do every day. Friday night will focus on self-care: resiliency, mindfulness, and work/life balance. Saturday will focus on professional growth with a range of course for all ESP job classifications, with two-hour learning opportunities in both the morning and afternoon. We look forward to seeing you this fall!

DETAILS:
Friday, November 15 - Saturday, November 16
Holiday Inn
3301 Markey St. NE
Salem, OR 97301

MEAL INFORMATION:
Your registration includes dinner Friday evening, continental breakfast and lunch on Saturday
- Friday Happy Hour: 5:45-6:15, Dinner 6:15-7:00
- Saturday Continental Breakfast: 7:30-8:30
- Saturday Lunch: 11:30-12:30

MILEAGE:
All participants will have mileage reimbursed at ½ the IRS rate (58.5 cents per mile), plus 2 cents per mile for each additional participant riding in the car.

HOTEL:
For the 2019 OEA ESP Conference, OEA will be providing the following lodging reimbursements:

Participants traveling 35 miles or more (one way) will be reimbursed for one night’s lodging cost at one-half the double occupancy rate, including tax, or OEA approved accommodations.

Rooms will be provided at the Holiday Inn (3301 Market St. NE Salem, OR 97301) double occupancy at no charge. As OEA pays only for double occupancy, if you opt to have your own room, you will be charged a maximum of $52 per night, including taxes. This should be paid directly to the hotel upon check-in.

Register at: oregoned.org/OCESPconference
Registration closes Thursday, Oct. 31 at 5 p.m.
Friday Short Session: 7-8 p.m.

RESILIENCY - How can school employees stay true to their core beliefs and still have passion for their work? In this session we will practice creating a vision for your work based on core beliefs, learn ways to stay regulated and true to your vision during the most stressful moments of the day, and practice perspective taking and self-reflection in order to reduce toxic stress. *Level: General*

MINDFULNESS PRACTICE FOR ESPS - A decade’s worth of research has documented the great physical, psychological, and social benefits of practicing mindfulness. Spend one hour exploring mindful meditative practice and brainstorm ways that you can create mindful moments at work and home to recharge your batteries and improve your health and day. *Level: General*

WORK/LIFE BALANCE - Given the demands of ESP jobs and our personal lives, many members run the risk of stress-related illness and burnout. This workshop will generate ideas for creating a sustainable, healthy lifestyle that has balance and explore ways to set priorities, manage our time more effectively and say “no” without guilt. *Level: General*

Saturday Morning Session: 9-11 a.m.

FOUNDATIONS OF UNDERSTANDING TRAUMA’S IMPACT ON STUDENTS - Learn foundations of brain science and how it impacts students in classrooms and throughout their educational career. Participants will take part in a hands-on simulation to learn how early experiences have lasting effects on students. Take back tools to try with the students you teach and learn about ongoing opportunities through OEA to grow your skills in working with students from trauma. *Level: Foundational*
CLASS & BEHAVIOR MANAGEMENT FOR ESP - Behavior management is a vital skill for any educator, and has become increasingly challenging in our daily work. This session is designed for ESP members, particularly those working in the classroom, who would like to learn strategies to positively support and manage student behavior. Level: Foundational/Intermediate

TRANSGENDER OREGON: EXPLORING ISSUES FACED BY OUR TRANSGENDER STUDENTS AND EDUCATORS - Participants will be exposed to the issues faced by transgender students and educators, and learn how to better serve this marginalized population. Learn about pronoun usage, access to facilities, family and school acceptance, and the impact of federal government’s policies. Step into the experiences of navigating everyday life of a transgender person in today’s institutions and society. Level: Foundational

ESP WORKER RIGHTS AND THE LAW - Educational Support Professionals have unique needs and rights in the workplace. Explore federal and state rights that apply to ESP employees and what you can expect from your employer. You will also learn where to look for additional rights and regulations that may apply to you. Level: Foundational

Saturday Afternoon Session: 12:45-2:45

DE-ESCALATION STRATEGIES FOR THE CLASSROOM - Learn how to prevent a crisis before it happens in your classroom as an ESP. This session will guide participants through evidence based practices to deescalate conflicts and behavior to maintain a positive learning environment for all students. Participants will learn and practice strategies they can apply in their classrooms immediately. Level: Foundational/Intermediate

CONFLICT MANAGEMENT (PEER TO PEER) - Conflict is everywhere! This class will explore what conflict is, your conflict style, and how you can effectively manage conflict in the workplace. This course will provide you with strategies and understanding that will allow you to interact with a wide variety of adults so you can find solutions and maintain relationships. Level: Foundational

FILM VIEWING: BROKEN TREATIES - We’re all familiar with the stories of Pioneers, but what about the people who were here first? The film “Broken Treaties” introduces viewers to Oregon’s native tribes and explores a thread of the story that isn’t told well in Oregon history books. This session screens this important film and includes a facilitated discussion afterwards. Level: Intermediate

FACILITATING POSITIVE SOLUTIONS - Being a part of a workplace team can be difficult and rewarding. This course will explore how to use team building, communication and decision-making strategies to be move through workplace issues and find positive resolutions. Level: Intermediate