



**FRI | MAR 17**

**THE SPA AT  
NORWICH INN  
8:00AM - 3:00PM**



**CONNECTICUT  
ADMINISTRATORS**

# LEADERSHIP RETREAT

## KEYNOTE BRANDI LUST

"From Self-Care to  
Community Care:  
Creating Cultures that  
Support Well-Being"



## GENERAL SESSION

**JONATHAN P. COSTA, SR.**  
REIMAGINING THE  
EDUCATOR EVALUATION SYSTEM



## Q&A

WITH CT'S OWN  
**DONNA HAYWARD**  
2023 NATIONAL  
PRINCIPAL OF THE YEAR

**CLICK TO  
REGISTER**

[HTTPS://CASCI.AC/8747](https://casci.ac/8747)

**EARLY BIRD  
REGISTRATION**  
BY FEB. 20TH - \$225

**REGISTRATION AFTER  
FEB. 20TH - \$275**

- CONNECT WITH COLLEAGUES FROM ACROSS CONNECTICUT
- CHOOSE FROM A WIDE RANGE OF BREAKOUT SESSIONS ON RELEVANT TOPICS

### INCLUDES:

- FULL DAY PROGRAM
- CONTINENTAL BREAKFAST
- NETWORKING LUNCHEON
- SPECIAL SPA PRICING
- SPECIAL ROOM RATES



## KEYNOTE: BRANDI LUST TEACHER, WRITER, AND SPEAKER

*Brandi Lust is the founder of Learning Lab Consulting and the author of **Myths of Being Human: Four Paths to Connect with What Matters**. Through both her work and her writing, she helps organizations and individuals lower stress, build resilience, and create more connection through tools like mindfulness and social-emotional learning.*

### ***From Self-Care to Community Care: Creating Cultures that Support Well-Being***

#### Participants will:

- Learn a research-based framework for well-being that goes beyond self-care to include other important aspects of well-being
- Explore how we can create cultures of social-emotional wellbeing in our communities through tools that encourage psychological safety.

**Description:** Adults in education are stressed out, burned out, and opting out. Research shows that communities that thrive will do so because of a cultural shift around mental health and well-being— one that goes beyond personal responsibility, taking the burden from an individual to change and instead transforming the circumstances that influence health. Join Brandi to learn a framework for improving social and emotional well-being through a more holistic and community-based approach.

## GENERAL SESSION: JONATHAN P. COSTA, SR. ASSISTANT EXECUTIVE DIRECTOR, EDADVANCE

*Jonathan P. Costa, Sr. is the Assistant Executive Director of EdAdvance in Litchfield, Connecticut. His experience and practice have been informed by time spent in secondary history instruction, district curriculum development, for-profit corporate management, executive leadership, and consulting. Since 1990, Jonathan's work has taken him to over 150 districts in the tri-state area. He is the author of the Corwin Press book, **Digital Learning for All, Now**, is a former Vice Chair of the Litchfield Board of Education, and now serves on the Commission for International Education which has led him to conduct international school accreditation visits on five continents. Jonathan has been married to his wife Wendy for 36 years, is the proud father of two adult gentlemen who are happy and pay their own bills, and is a devoted dog dad to a retired Guiding Eyes for the Blind brood.*

### ***Reimagining The Educator Evaluation System***

**Description:** The Education Evaluation and Support Council (EES) has been meeting for over a year to redesign and rethink Connecticut's approach to educator and administrator evaluation. Those efforts have created a revised set of guidelines that will inform a new formulation of the next generation of district plans and processes. Jonathan Costa, who was one of the facilitators of this redesign process, will present an overview of the research, rationale, and decision-making that inspired the new guidelines as well as an overview of the framework that will guide the development of the new plans for both educators and administrators in the coming year.

## Q&A WITH DONNA HAYWARD PRINCIPAL HADDAM-KILLINGWORTH HIGH SCHOOL, HIGGANUM, CT 2023 NATIONAL PRINCIPAL OF THE YEAR

*Donna Hayward began her professional career as a high school mathematics teacher after earning her Bachelors and Masters degrees from Smith College. Inspired by her own high school principal, Donna completed her Sixth Year through UCONN and served as Assistant Principal/ Principal of Rocky Hill High School for a decade. During this time, she markedly increased Advanced Placement opportunities and standardized test scores and reduced discipline, leading to her presentation of effective strategies at the State's annual data conference and the NASSP's national conference. She was honored as the Connecticut Assistant Principal of the Year in 2006. Donna then served as Principal of Suffield High School for six years, during which time she opened a new Agriscience center and led her school to exceed prior academic performance in all areas. She now serves as Principal of Haddam Killingworth High School which earned the National Blue Ribbon in her fourth year. Donna was named the CT Principal of the Year in 2022 and is the NASSP's National Principal of the Year for 2023.*



## AGENDA

8:00 AM - 8:30 AM	Registration & Continental Breakfast
8:30 AM - 9:45 AM	Keynote Speaker: Brandi Lust
9:45 AM - 9:50 AM	BREAK
9:50 AM - 10:20 AM	General Session: Jonathan Costa
10:20 AM - 10:25 AM	BREAK
10:25 AM - 11:25 AM	Breakout Session I
11:25 AM - 11:30 AM	BREAK
11:30 AM - 12:30 PM	Breakout Session II
12:30 PM - 1:15 PM	LUNCH and Connections
1:20 PM - 2:20 PM	Breakout Session III
2:20 PM - 2:30 PM	BREAK
2:30 PM - 3:00 PM	Closing: Q&A with Donna Hayward

## BREAKOUT SESSIONS

### **SETTING BOUNDARIES: A TOOL FOR SUSTAINABILITY AND ENGAGEMENT**

BRANDI LUST - TEACHER, WRITER, AND SPEAKER

**Description:** As those who serve communities, boundaries are necessary; when we don't honor them, our resources are quickly worn away by the words, actions, and circumstances of others. We are less engaged. We are prone to burnout. However, honoring the space we need for ourselves enhances rejuvenation; we are engaged for the work that matters to us. In this session, learn healthy boundary-setting tools that you can implement in your professional and personal life immediately.

### **THE ART OF HOLDING SPACE: LISTENING AS A KEY TO BALANCED LEADERSHIP**

BRANDI LUST - TEACHER, WRITER, AND SPEAKER

**Description:** We spend 70-80% of our waking time communicating, and listening is the communication skill we use the most. Leaders, especially, are often key communicators responsible for maintaining understanding between students, teachers, parents, and school district leadership. However, there are myths that keep us from hearing others, and therefore understanding what's really needed in a situation. Learn about the crucial skill of listening, and how to apply it to leadership.

### **BEST PRACTICES FOR IMPLEMENTING THE REIMAGINED EDUCATOR EVALUATION SYSTEM**

JONATHAN P. COSTA, SR. - ASSISTANT EXECUTIVE DIRECTOR, EDADVANCE

**Description:** Jonathan Costa will facilitate a discussion regarding the implications and likely best practices that will emerge from an application of the newly developed guidelines for educator and administrator evaluation. These new frameworks will shift the focus of educator and administrator supervision to growth-oriented mindsets and emphasize timely and effective feedback as the primary tool for improving teaching and leadership practice. Jonathan will share best practice models and answer questions regarding the roll-out of the new educator and administrator guidelines.





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## BREAKOUT SESSIONS

### **CREATING A COMMUNITY OF CARE THROUGH INTERSCHOOL STUDENT ATHLETE COLLABORATION**

EASTERN CT CONFERENCE STUDENT LEADERS, ATHLETIC DIRECTORS, TEACHERS AND ADMINISTRATORS

**Description:** In this breakout session, attendees will learn how the Eastern Connecticut Conference (ECC) brought student-athletes from multiple schools together to develop expectations and actions that have enhanced inclusion throughout the conference. ECC student leaders, athletic directors, teachers and administrators will provide attendees with actionable steps that promote equity, diversity, and inclusion across multiple school communities.

### **WELL-BEING IN SCHOOLS: SYSTEMS AND INDIVIDUAL APPROACHES**

LISA M. HAGERMOSER SANETTI, PHD - PROFESSOR, DEPARTMENT OF EDUCATIONAL PSYCHOLOGY  
NEAG SCHOOL OF EDUCATION, UNIVERSITY OF CONNECTICUT

**Description:** Attendees of this session will learn about two distinct, but complimentary, approaches to addressing well-being in schools. The first approach is a participatory, systems-level, quality improvement-focused approach to identifying and mitigating systems-level factors that detract from well-being. The second approach is an individual-level approach to navigating stressful or otherwise challenging thoughts, feelings, and situations while maintaining well-being.

### **TOP 10 STRATEGIES TO ADDRESS YOUR STRESS**

LISA M. HAGERMOSER SANETTI, PHD - PROFESSOR, DEPARTMENT OF EDUCATIONAL PSYCHOLOGY  
NEAG SCHOOL OF EDUCATION, UNIVERSITY OF CONNECTICUT

**Description:** Attendees of this session will learn the three major sources of workplace stress that lead to burnout, multiple strategies to address each, and a process for putting these strategies into action. Resources to assist school leaders in enacting these strategies for themselves, and ideas for how to use them with their staff will be provided.

### **WHEN SELF-CARE ISN'T ENOUGH, TRY COMMUNITY CARE**

ANNE KUBITSKY - WRITER, ARTIST & FOUNDER, LOOK FOR THE GOOD PROJECT

**Description:** This session will introduce you to the concept of community care and teach you how to uplift your school community with a simple art project. Keynote: Through her deceptively simple cartoon characters, Anne Kubitsky will teach you about stress, the nervous system, and how to recognize signs of burnout and community trauma. Anne has been running community care initiatives through the Look for the Good Project for the last 11 years, with her school-wide Gratitude Campaign program reaching 300,000 students in 35 states. She is formally trained in biology and art and was recognized by former President George HW Bush for her efforts to heal communities. Participants will practice kid-friendly nervous system-reset activities they can bring back to their school community.

### **TECH + SEL= ENGAGED & INNOVATIVE LEARNERS**

JENNIFER WARGIN, TEACHER AND JEANA LIETZOK, PRINCIPAL - LAWN COMMUNITY HIGH SCHOOL, OAK LAWN, IL  
CONNECTICUT APPLE DISTINGUISHED EDUCATOR, JOAN MCGETTIGAN, DARIEN PUBLIC SCHOOLS

**Description:** Teaching social and emotional learning and encouraging students to be technically innovative do not have to be mutually exclusive. Building leaders will talk about how a focus on SEL has made their staff and students MORE innovative and connected to their learning. Learn how to engage your students by amping up the social and emotional learning in your classroom using both the CASEL and ISTE standards. We will share examples of successful lesson and unit plans and provide the tools to help you create your own, while focusing your building on growing their SEL capacity. We will also share how a Wellness Center can support your school's focus on SEL, how to use tech to connect more and how to inspire students to express themselves through creativity.

### **USING THE TECH IN YOUR POCKET**

APPLE TEAM MEMBERS AND APPLE DISTINGUISHED SCHOOL (ADS) PRINCIPAL

**Description:** Leaders are faced with many challenges today, and technology can be an important part of the solutions. So many leaders use an iPhone every day. What if they learned to leverage the built in power of the device to help them enhance their leadership skills? In this session, leaders will learn how to amplify walkthrough experiences, capture and promote success stories, inspire faculty, and focus on self care all with built in features of the iPhone. Leaders will walk away with practical strategies they can immediately implement into their daily leadership practices.

QUESTIONS???

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OR TIFFANY CAOUCETTE AT [TCAOUCETTE@CASCIAAC.ORG](mailto:TCAOUCETTE@CASCIAAC.ORG)