

# THE REISS FUND

*Learn. Teach. Lead. Inspire.*

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Inspiring Darien Teachers Since 1962

## **Be the Rock Star in Your Classroom**

Join STAR 99.9 Radio Host Anna Zap and Station General Manager Kristen Okesson for a rocking good time. From the radio studio to your classroom, it's no longer enough to good, you must rock! Put the proven listener engagement practices of some of the country's best run radio stations to work for you in the classroom! Command attention, build better collaboration, increase the entertainment level in your classroom and have more fun!

## **Building Confidence & Trust through the "Challenge by Choice"**

Build confidence in yourself and trust in others during this one-hour session...outdoors if it's a beautiful day! Learn how to use these activities and games to help your students build self-confidence and trust, too.

## **Inspire Tomorrow's Social Activists (And Become an Activist Yourself!)**

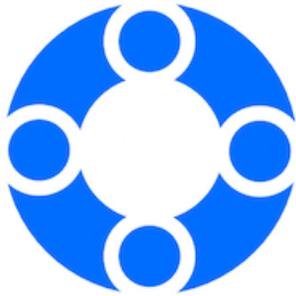
What does it take to become a social activist? Meet Kristen Graves, singer, songwriter and humanitarian. Kristen shares the inspiration that led her to start "Simply Smiles" and "The Just Be Nice Party". She has shared the stage with Pete Seeger and Peter Yarrow and many others combining her passion for music, activism and life.

## **Yoga for You and Your Classroom**

Yoga has the potential to make you calm, focused, imaginative, kind, and less stressed. Really! Follow the poses of yoga master, Shari Balish, who has worked extensively with teachers to show them how yoga can work in the classroom to affect student performance and behavior...and teacher happiness!

## **Think BIG: Help Your Students Consider the Important Choices**

Ben Carpenter shares his vision to teach students and young professionals how to choose, get and do a great job. His bestseller, "THE BIGS: The Secrets Nobody Tells Students and Young Professionals About How to: Choose a Career, Find a Great Job, Do a Great Job, Be a Leader, Start a Business, Manage Your Money, Stay Out of Trouble, and Live a Happy Life" has inspired the BIGS PROJECT. This session is perfect for MMS and DHS teachers as well as all of you who are parents, too!



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## **Mindfulness Practice for a Life That Matters**

When you intentionally use your everyday life to bring about positive change in the lives of others, you begin to live a life that matters. When we live our lives intentionally, for others, we begin to see the world through eyes other than our own, and that inspires us to do more than belong -- we participate. We do more than care; we help. We go beyond being fair; we are kind. We go beyond dreaming; we work. Why? Because we want to make a difference. Through this one hour workshop, Dr. Tara Levinson will help you explore the basics of Mindfulness and how to make it work for you both in your personal and professional lives. It will help you act intentionally when dealing with that difficult situation at home or at work.

## **Release Your Inner Writer**

Why are we, as humans, driven to make up stories? Storytelling helps people understand with their hearts and not just their heads. Putting words on paper is a time-honored way to make sense out of the chaos around us, with the roots of storytelling going all the way back to cave art. Join author and creative writing instructor Elise Chidley for an inspirational look at how releasing the inner writer in all of us--whether we write for ourselves or for publication--can empower us to make beauty and meaning out of the raw materials of life around us.

## **That's SO Gay! Cultivating Safe, Inclusive and Affirming Spaces**

Student Advocate Alberto Cifuentes leads a workshop introducing participants to the diverse and effective resources and programs GLSEN offers to educators as well as some strategies for becoming a better ally to LGBTQ students. More specifically, you will learn about GLSEN and GLSEN Connecticut; discuss homophobia and transphobia as well as anti-LGBTQ bullying/harassment in a safe, nonjudgmental space and identify specific tools and methods for making schools and your classroom safe for all students.

## **Think and Act Like an Entrepreneur**

If you've dreamed of becoming an entrepreneur or simply wondered how entrepreneurs find and act on opportunities, this session is for you! Dale Jasinski, Associate Professor of Entrepreneurship and Strategy at Quinnipiac University, will lead an interactive discussion on how he uses the perspective of entrepreneurship -- spotting the possibilities, turning frustration into opportunities, cultivating deep and critical thinking, in his classroom and how you can apply these same techniques to create your own exciting and rewarding classroom innovations.