
From: Sheri Moore on behalf of Dyrell Foster
Sent: Friday, February 4, 2022 3:33 PM
To: LPC Classified Staff; LPC Administrators
Subject: Professional Development Opportunity: 21 Day Challenge
Attachments: Self Care for Educators Infographic.pdf

Dear LPC Classified Professionals,

I truly appreciate your dedication, hard work, and your on-going commitment to serving our students, and our college in the important ways that you do. I am writing to personally invite you to participate in an excellent professional development program during this spring 2022 semester.

The program is called the [21 Day Challenge](#) presented by the [MEB Consulting Group](#). The 21 Day Challenge provides daily information, resources, and lessons on self-care, wellness, and issues around diversity, equity & inclusion. This is an asynchronous learning opportunity which builds community and dialogue around the topics of interest. You can expect to allocate approximately 10-15 minutes a day to consume the information.

The first 21 Day Challenge will be from February 14 through March 4, 2022.

The three weekly topics that will be explored are:

- Self Care for Educators
- Understanding Bias
- Wellness for Educators

A (2-hour) Courageous Conversation session will follow each 21 Day Challenge. These sessions will be facilitated by an experienced DEI facilitator who will help participants dialogue around race and culture, while providing the opportunity to:

- Reflect on personal experiences
- Assess interactions with students based on one's own personal experiences
- Analyze information and literature from researchers to inform one's own perspective

There will be a series of three (3) 21 Day Challenges, each followed by a Courageous Conversation session, throughout the spring 2022 semester. This program and your participation is supported by the entire LPC Administration Team.

At the conclusion of the entire program, participants will be invited to attend a hosted lunch with me, to reflect on their experiences and to offer suggestions for further professional development opportunities for classified professionals at LPC.

Participation is limited to 30 participants. If you would like to participate in this program, please email Angelica Cazarez at: acazarez@laspositascollege.edu, no later than Tuesday, February 8th by 5:00 p.m.

Thank you for your consideration and I look forward to your participation!

Sincerely,

Dyrell



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