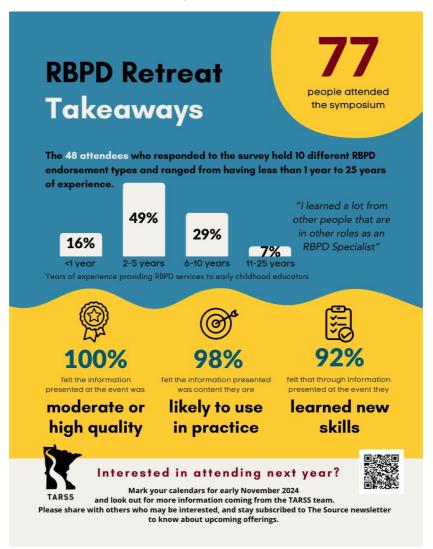


## A message from the TARSS team

The leaves are down, the sun is low in the sky, and another Thanksgiving is behind us. At this time of year, we often wish to slow down, savor times with family and friends, and hang on to the feeling of gratitude that Thanksgiving may have inspired. Yet the demands of fall and winter holidays, coming on top of already busy schedules, don't always allow us to slow down.

If that sounds familiar, mindfulness expert Sarah Rudell Beach offers an exercise that takes no more than a minute to complete. For "<u>Five-Finger</u> <u>Gratitude</u>," close your eyes and hold one hand out with fingers spread. With your other hand, touch each finger in turn and think of something (or someone) you are grateful for. Linger on each thought before moving on to the next finger. In addition to its simplicity, the beauty of this exercise lies in the way it requires us to think a little harder than we might otherwise to come up with five different sources of gratitude.





### ICYMI: our new videos explain TARSS in two minutes or less

Are you new to TARSS or the world of training and relationship-based professional development (RBPD)? Are you looking for a concise definition of your work to share with those outside the field? Or do you just need a refresher on the acronyms? Our new videos will help! **They give brief overviews of** <u>TARSS</u>, training, **and** <u>RBPD</u>. Please share them widely, and let us know what you think at tarss@umn.edu.

## **Trainer Observation and Coaching Program**

TARSS' Trainer Observation and Coaching program is intended to ensure a consistent, high-quality training experience for Minnesota's early care and education workforce by observing trainers in the field during training sessions. Trainers will receive strengths-based feedback from qualified observers who will use a rubric to determine effectiveness. This is a free program for approved trainers completing training in Minnesota.

We encourage trainers at any stage of their training career to request an observation. The Trainer Observation and Coaching Program is meant to provide trainers with an objective look at their training practices, using a tool designed with the indicators and competencies available in the Minnesota Knowledge and Competency Framework for Trainers.

You may choose to use the resulting feedback privately to support reflection and professional growth, or you may choose to request coaching following your observation for additional support in goal setting, skill building, and reflection. This program is entirely focused on personal reflection and professional development and will not impact hiring or trainer approval practices.

Request an observation today!



# Introduction to Trainer Competencies and Observation

Cost: free 2 clock hours, self-paced online

This free course is for early childhood professionals who wish to become trainers or for trainers who are renewing their membership. Participants will learn about Minnesota's Knowledge and Competency Framework for Trainers. They will discover the benefits of self-assessment as well as observation and improvement tools. The course will also explore the links between competencies and observation items.

Learn more and register

## **Course Writer Membership required courses**

Minnesota Course Writer Orientation Module Cost: Free This free course is for early education professionals with a Career Lattice Step 9d or higher who would like to become course writers. Course writers write approved trainings in the early education field.

Register

Course Writer: Design Skills Cost: \$100

This 3-hour course is a live online event. It is required for Course Writer Membership.

Learn more and register

<u>Course Writer: Crafting and Drafting a Course</u> Cost: \$100

This three-hour course is a live online event. It is required for Course Writer Membership.

Learn more and register

Did you know we also offer a combined, in-person version of Course Writer: Design Skills AND Crafting and Drafting a Course? Follow the link to either of the individual courses above and scroll down to find upcoming dates.

### **Trainer Orientations**

Minnesota Trainer Orientation Module 1 and Module 2 Cost: Free 2 clock hours, self-paced online, no prerequisites

These free, on-demand courses are for individuals who would like to become an approved trainer in Minnesota and for those who are renewing their Trainer Membership.

Learn more and register for Module 1 Learn more and register for Module 2

### Adult Learning Modules

Adult Learning Modules 1 and 2 help trainers meet the 12 hours of training about adult learning required for trainer approval in Minnesota. You must complete both modules to meet this requirement.

Adult Learning Module 1: Delivery Skills and Module 2: Design Skills

- Offered in person or online with live Zoom sessions
- 6 hours Develop-approved in person (8 hours online)
- Cost: Live or work in Minnesota: \$100. Professionals outside of Minnesota: \$200

Learn more and register for Module 1 Learn more and register for Module 2

#### **Resource refresh**

#### What we're reading

The Child Mind Institute, a nonprofit organization providing mental health care, training, and resources, created a <u>Guide to Helping Children Cope after a</u> <u>Traumatic Event</u> that is now available in Spanish and other languages.

- <u>Coaching Conversation: Motivational</u> <u>Interviewing as a Strategy to Prompt</u> <u>Reflection and Practice Change</u> (webinar, National Center for Pyramid Model Innovations)
- <u>The Reflective</u> <u>Supervision/Consultation Model</u> (*Heart of Supervision* podcast, Center for Advanced Studies in Child Welfare)
- <u>A Liberated Mind: How to Pivot</u> <u>Toward What Matters</u> by Steven C. Hayes, PhD

#### Get in touch! Email us at tarss@umn.edu or call 612-624-5708.

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