

UNIVERSITY OF MINNESOTA  
Driven to Discover®

Center for Early Education and Development



## 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 "[Five-Finger Gratitude](#)," 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.

## RBPD Retreat Takeaways

77

people attended  
the symposium

The 48 attendees who responded to the survey held 10 different RBPD endorsement types and ranged from having less than 1 year to 25 years of experience.

16%

<1 year

49%

2-5 years

29%

6-10 years

7%

11-25 years

Years of experience providing RBPD services to early childhood educators

*"I learned a lot from other people that are in other roles as an RBPD Specialist"*



100%

felt the information presented at the event was

**moderate or high quality**



98%

felt the information presented was content they are

**likely to use in practice**



92%

felt that through information presented at the event they

**learned new skills**



TARSS

**Interested in attending next year?**

Mark your calendars for early November 2024 and look out for more information coming from the TARSS team. Please share with others who may be interested, and stay subscribed to The Source newsletter to know about upcoming offerings.





## 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 TARSS, training, and RBPd.** Please share them widely, and let us know what you think at [tarss@umn.edu](mailto: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](#)

[Course Writer: Crafting and Drafting a Course](#)

Cost: \$100

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

[Learn more and register](#)

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**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.

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## 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

The Child Mind Institute, a nonprofit organization providing mental health care, training, and resources, created a [Guide to Helping Children Cope after a Traumatic Event](#) that is now available in Spanish and other languages.

### What we're reading

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

Get in touch! Email us at [tarss@umn.edu](mailto:tarss@umn.edu) or call 612-624-5708.

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