

ONE

CONFERENCE





Together We are: One Voice, One Union, IEA

October 17, 2025 – October 18, 2025

DoubleTree by Hilton Chicago Oak Brook

Friday, October 17, 2025

Registration	3:00 – 7:00 p.m.
Exhibits	3:00 – 7:00 p.m.
Conference Sessions	5:00 – 6:00 p.m.
Dinner and Programs.....	6:15 – 8:00 p.m.
Education Support Professional Forums.....	8:00 – 9:00 p.m.
DJ, Karaoke and Photo Booth*	9:00 – 11:00 p.m.

Constituency groups will have dinner together

Education Support Professionals.....	Grand Ballroom
Higher Education.....	Essex Ballroom
Retired.....	Spring Room

Saturday, October 18, 2025

Registration	7:00 – 9:00 a.m.
Exhibits	7:00 a.m. – 1:00 p.m.
Breakfast (Grand Ballroom, Lobby Level)	7:15 – 8:15 a.m.
Conference Sessions	8:00 – 9:00 a.m., 9:15 – 10:15 a.m., 10:30 – 11:30 a.m. and 11:45 a.m. – 12:45 p.m.
Lunch and Keynote	1:00 – 2:30 p.m.

Bingo AND Prize Drawings (must be present to win)

Higher Education Wrap Up (Hunt 1 & 2).....	2:30 – 3:30 p.m.
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****Located in Grand Ballroom***

Presidents' Lounge will be located in the private dining room throughout the conference.

	CONFERENCE ROOM ASSIGNMENTS		
	FRIDAY, OCTOBER 17, 2025		
	Session 1: 5:00 – 6:00	Dinner and Entertainment: 6:15 - 8:00	Education Support Professional Forums 8:00 – 9:00
	Building Vibrant Locals Through Art, Joy, and Solidarity		
		Higher Education Dinner	
		Education Support Professional Dinner	Education Support Professional Forums
	IEA Elections		
	Reach, Respond, Retain: Inspiring Success Through Timely Support		
	How to Get ESPs More Involved		
	Cultural Humility		
	Class Dismissed: How Hollywood Got School All Wrong		
	Empowering Our Own – Personal Learning Communities		
		Retired Dinner	
	Mindfulness or Mindful: Creating Practices for Calm		
	The Injured School Employee: Rights and Benefits		
	AI for Educators: Continuing the Conversation on the Impacts of Artificial Intelligence on Learning and Teaching		

Education Support Professional Sponsored
Higher Education Sponsored
Retired Sponsored
General Group Session

CONFERENCE ROOM ASSIGNMENTS

SATURDAY, OCTOBER 18, 2025

	Session 1: 8:00 – 9:00	Session 2: 9:15 – 10:15	Session 3: 10:30 – 11:30	Session 4: 11:45 – 12:45
	Expanding ESP Leadership: Taking Your Seat at the Table		ESpecially For You	
	Reach, Respond, Retain: Inspiring Success Through Timely Support	AI for Educators: Continuing the Conversation on the Impacts of Artificial Intelligence on Learning and Teaching	Membership Processing for Local Membership Chairs/Contacts	
	Building Power & Connections – Workplace and Community Mapping	If I Knew Then...What I Know Now...ESPs and Retirement	Organizing the Fight: Winning Strong Contracts Together	
	Organizing and Mobilizing: Pushing Back Against Program Closure and Protecting Faculty	Out of the Pickle Jar-A Story of Survival and Resilience	Microaggressions: Death by a Thousand Papercuts	Higher Education Concerns
	Engagement with Music: A Study in Listening to Music	This Meeting Could've Been Great: Leading with Purpose and Power	De-Escalation Strategies for Educators	Targeted Locals – Using RISE Grants to Strengthen Higher Ed Locals
	Empowering Our Own – Personal Learning Communities	"Issues Confronting Illinois Public Education: Taxation, Racism, Privatization, Religion, Gender and Unionism 1825-2025"	Laws, Regulations and Policies That Empower Your Local	The Backbone of Our Schools-Honoring ESPs, Building Equity, and Moving Forward Together
	"Where in the World/Illinois Can I Find My Senior Services?"	Legislative Update on Retiree Issues	Mindfulness Practices to Retrain Your Stress Response	Start Your Day with 10 Minutes of Mindfulness
	Tips & Tricks for Using Excel	Welcome to the IEA – Understanding Your Union!	Doing More with Google Docs	
	Leadership Development for Presidents and Vice Presidents		Help, I Think I'm Drowning as a Higher Ed Officer!	It Can Happen to Anyone – Become a Fraud Fighter!
	Saving Public Education: We Won't Give Up	Roundtable for Local Presidents with President Al Llorens – Hosted by President Support Team	Climate Effects on Us and Our Environment	Being Hands-On with NEA Member Benefits
	Northwestern Illinois at the Crossroads of Commerce & Manufacturing Two Millenia Ago	Tips & Tricks for Running an Effective and Inclusive Meeting	Flipping the Words: How Our Freedom of Speech is Being Stolen	The History of Negro Spirituals
	Laws, Regulations and Policies That Empower Your Local	Getting Involved in My ESP Local	Responding to Student Behavior in a Culturally Responsive Manner	Getting Involved in My ESP Local

Education Support Professional Sponsored
Higher Education Sponsored
Retired Sponsored
General Group Session

Higher Education Sessions

AI for Educators: Continuing the Conversation on the Impacts of Artificial Intelligence on Learning and Teaching

Artificial intelligence (AI) is no longer a future disruptor; it is a present force reshaping the landscape of higher education. This presentation continues the critical conversation on AI's evolving impact on teaching and learning in colleges and universities. This session will examine how AI influences instructional design, student engagement, academic integrity, and the instructor's role in an increasingly digital learning environment. Attendees will leave with actionable strategies to enhance teaching effectiveness, support student success, and lead with confidence in the AI-augmented classroom.

Presenter: Dr. Jay Fulgencio

Engagement with Music: A Study in Listening to Music

Goal: This session will be focused on engagement with music. Through an exploration of styles (the various periods in classical music, jazz, rock, contemporary, etc.), participants will examine the main parts of music. The overall goals will be: a) to better-understand what we are hearing as we are making evaluations, b) to better develop an appreciation for the art of music.

Presenter: Daniel Smithiger

Help, I Think I'm Drowning as a Higher Ed Officer!

If you're a newly elected Higher Ed Leader and want to know what to do, this is a session for you. Come with your questions or thoughts, hopefully we'll have some answers for you. Don't understand the IEA lingo; this is the place for you. Perhaps you just need to be in a space with other newly elected officers; you've come to the right session. Join us as we journey into the vast universe of Higher Ed and IEA.

Presenter: Vivian Zimmerman

Higher Education Concerns

Come join fellow Higher Education leaders for a conversation about concerns with Higher Education.

Presenters: Vivian Zimmerman

Organizing and Mobilizing: Pushing Back Against Program Closure and Protecting Faculty

Using examples from Spring 2025, this presentation will focus on how the TT and NTT faculty at SIUE came together to organize and mobilize surrounding potential program closure. We will look at methods for organizing around academic issues such as curriculum and academic freedom, as well as explore how participants can adapt this to their campaigns in Higher Ed. We will also look at how widely and deeply felt issues are an excellent opportunity to grow union values across campus and launch larger solidarity campaigns. This session will include an interactive element where participants look at how to build and win campaigns in their locals using skills from the NEA Campaign Lab. **Presenters:** Rachel Tollett and Dr. Kim Archer

Organizing the Fight: Winning Strong Contracts Together

This two-part workshop will provide a comprehensive overview of the essential components involved in securing a strong and effective contract. Participants will gain foundational knowledge of the bargaining process in Illinois, including strategies for assembling a capable and representative bargaining team, as well as key considerations in drafting proposals. The session will emphasize the importance of maintaining a democratic and inclusive approach throughout negotiations. Furthermore, it will address the development and execution of a contract campaign designed to exert strategic pressure on the employer through escalating collective actions, while simultaneously enhancing member participation and organizing efforts.

Presenters: Luis Caraballo-Burgo and Dawn Tefft

Reach, Respond, Retain: Inspiring Success Through Timely Support

Every student has a story, and sometimes, they need help turning the page. This session empowers higher education staff to effectively use student success alerts as a proactive tool to support student well-being academic performance, and mental health. By identifying and addressing challenges early, staff can foster meaningful connections that encourage persistence and improve retention. Participants will learn how to submit impactful alerts, understand response workflows, and engage in a collaborative support network. Join us to explore how timely outreach can transform a moment of struggle into a turning point for student success and long-term achievement.

Presenter: Danielle Alexander

Targeted Locals – Using RISE Grants to Strengthen Higher Ed Locals

This session will present an overview of the RISE Targeted Local Program, along with the application timeline process. Attendees will also hear from past and present Higher Ed Targeted Locals to hear how the program can specifically benefit Higher Ed efforts to organize and strengthen member engagement. **Presenter:** Ursula Gruber

This Meeting Could've Been Great: Leading with Purpose and Power

We've all sat through meetings that felt like a waste of time – unfocused, unproductive, and draining. But it doesn't have to be this way. Effective meetings are a core leadership skill and a powerful tool for advocacy, collaboration, and change. This interactive session will explore how to plan and lead meetings that are focused, inclusive, and action-oriented. Whether you're facilitating a department meeting, a union committee, or a cross-campus initiative, you'll learn practical strategies that help you engage participants, keep things on track, and walk away with clear outcomes.

- A simple framework for structuring purposeful meetings
- Techniques to manage time, voices, and conflict in the room
- Tools to ensure accountability and follow-through
- Sample agendas and facilitation tips tailored to higher ed and union contexts

Come ready to reimagine your meetings – not as obligations, but as opportunities to lead effectively and drive collective action.

Presenter: Jill Dupy



IEA-Retired Sessions

Climate Effects on Us and Our Environment

Join us as we look at research on how climate change is affecting us and our environment. We will dive into research on animals and plants migrating due to changing temperatures, the rising levels of chloride in our water, and the increase of storms and floods due to climate changes. We will also look at how our National Parks are changing and what needs to be happening to slow this activity down.

Presenter: Carol Schnaiter

Doing More with Google Docs

In this session, you will review Google Docs creation and learn how to better enhance your documents. Therefore, you need to have some basic knowledge of Google Docs. In this session, you will spend more time using and editing images, working with page set up, using fonts, inserting links, collaborating with others and making comments, inserting live sheets, and being exposed to other production elements for helping you and your association with documents for your use.

Required: you must have a device, preferably a laptop. A laptop is preferred because other devices are limited in how Google Docs is used.

IMPORTANT – You must have a Google account so that you can open Google Docs and create documents. IEA will have a limited number of laptops available for participants to use. Presenter: Elston Flowers

Flipping the Words: How Our Freedom of Speech is Being Stolen

Join us in this session as we explore how our words and expressions, particularly, “woke” and “wokeism”, are being misappropriated and used as political weapons that threaten one of the pillars of our democracy: freedom of speech. Discover how the term “Stay Woke”, originally meant as a warning to African American individuals to be alert while in spaces safe for others, but wrought with hidden dangers for them, has been “flipped” by some and given a negative connotation. Additionally, we will discuss strategies to reclaim the original meanings of these and other words that empower and clarify our conversations and help reverse this dangerous trend which is gaining momentum in our increasingly divided society.

Presenters: Glenda Townsend and Kari Vanderjack

“Issues Confronting Illinois Public Education: Taxation, Racism, Privatization, Religion, Gender and Unionism, 1825-2025”

The presentation is based on the research for my book, Public Education and Social Reform; A History of the Illinois Education Association published by the University of Illinois Press in 2025.

Since a free, universal education requires a major investment of resources, it has always been one of the most contentious social and economic issues in Illinois politics. My presentation will focus on the key issues facing Illinois public education policy over the past 200 years – taxation, racism, privatization, religion, gender and unionism. Founded in 1825, IEA has played a key role in the creation and subsequent development of the state’s public school system.

Presenter: Thomas Suhrbur

It Can Happen to Anyone – Become a Fraud Fighter!

Criminals of fraud and scams know more about us than we know about them – and anyone can be a victim – no matter our age, life circumstance, or level of education. Understand how criminals try to catch us – the tools they use – and how we can protect ourselves and the ones we love. Become a Fraud Fighter!

Presenter: Terri Worman

Legislative Update on Retiree Issues

An update on legislative issues that impact IEA retirees: budget, pensions, insurance, etc. **Presenter:** Will Lovett

Mindfulness or Mindful: Creating Practices for Calm

During this session you will learn tools and techniques for time management, and wellness practices you can do to regain a sense of calm and balance. You will leave with practical, evidence based tools to use with students, in meetings that will create more ease and flow while managing the increased demands of life. Wear comfortable clothes as we will practice some light yoga. Beginners welcome! **Presenters:** Al Llorens and Gina Harris

Northwestern Illinois as the Crossroads of Commerce & Manufacturing Two Millenia Ago

Earlier civilizations inhabited our river valleys over the last 10,000 years. The Hopewell groups, who inhabited this area some 2000 years ago, left more than 7,700 known sites of their activities throughout Illinois. While their cultural and religious centers were located in south-central Ohio, they developed a stone quarry in northwestern Illinois which had a unique mineral composition and became a favorite source for manufacturing platform pipes and jewelry, manufactured in local villages and traded into their Ohio-based religious centers, some 80% of objects found in Ohio’s Hopewell mounds were made from Illinois-area pipe stone.

Presenter: Dr. Wolf Koch

Saving Public Education: We Won’t Give Up

We’ll identify the large challenges facing public education and educators today, then classify and prioritize them into categories, and share strategies on how to fight to save our profession as we meet these challenges. The participants will leave with a plan to use as they continue to navigate their way through these challenges. **Presenters:** Diane Chapman and Carol Schnaiter

Start Your Day with 10 Minutes of Mindfulness

Mindfulness Meditation has been shown to reduce stress and anxiety, increase focus and improve overall wellbeing. In this session we will learn a simple mindfulness meditation and engage in a guided group meditation. We will have the opportunity to share our experience and learn about resources for further investigation and discuss how to incorporate a meditation practice into your daily life. **Presenter:** Conrad Floeter

The History of Negro Spirituals

This session will develop a more in depth understanding of how and why Spirituals came into America. The presenter will perform a few of the selections live during the presentation. **Presenter:** Ina Allen

“Where in the World/Illinois Can I Find My Senior Services?”

Resources that support the health and wellness of older adults are all around us. The hard part is knowing how and where to find them. This presentation will identify health and wellness resources available to seniors at the state and national level. Participants will learn to navigate government and non-government websites for information on programs that provide senior healthcare, mental healthcare, nutrition and more. Participants will leave knowing where to locate the senior services offices right in their own communities. **Presenters:** Margie Trigg and Carla Womack



Education Support Professional Sessions

Class Dismissed: How Hollywood Got School All Wrong

This presentation explores the powerful influence of the entertainment industry on public perceptions of education, focusing on how film, television, and digital media portray students, teachers, and the educational system. Media doesn't just reflect society – it actively shapes it. Through recurring tropes, exaggerated character types, and sensationalized narratives, entertainment often distorts the reality of schools, reinforcing stereotypes related to race, gender, socioeconomic status, teacher competence, and student behavior. **Presenter:** Yvette Deramus

De-Escalation Strategies for Educators

Challenging student behavior is on the rise not only in classrooms but in hallways, playgrounds, and throughout the whole school community. In this workshop participants will learn useful de-escalation strategies that can be used to defuse and regulate students behavior. **Presenter:** Jill Scarcelli

Empowering Our Own – Personal Learning Communities

Join us for an inspiring session focused on building and sustaining Personal Learning Communities (PLCs) that empower education support professionals. This training will explore how to create meaningful, peer-driven networks that foster collaboration, professional growth, and collective support. Learn strategies to strengthen your connections, share expertise, and take ownership of your learning journey – together. Whether you're just starting or looking to enhance an existing PLC, this session will provide practical tools and fresh ideas to support continuous learning within your community.

Presenter: Crystal Bush (PD/CEU Hours = 1)

ESpecially For You

When Education Support Professionals (ESPs) bargain, unique considerations arise beyond typical teacher's negotiations. ESPs have different job responsibilities, work years, and economic concerns. This session is less about the collective bargaining agreement and more about ESPs understanding the various types of bargaining subjects and identifying and examining major bargaining concerns which are uniquely important to ESPs.

Presenter: LaShanna Fulwiley

Expanding ESP Leadership: Taking Your Seat at the Table

ESPs are essential members of any union leadership team, but they often experience challenges getting elected. In this session, we will explore leadership opportunities available for ESPs at the local, state, and national levels. We will share resources offered through NEA and how to use them to grow ESP leadership skills. We will discuss strategies that can help empower others to lead, considerations in running for an elected leadership position, and successful tactics for getting elected. **Presenters:** Debra Ward-Mitchell and Saul Ramos

Getting Involved in my ESP Local

Emerging leaders and engaged members will share best practices for getting more involved in their local associations. Hourly employees are valued leadership voices. If you want to hear more about how it happened, why, and more, please join this panel to listen and share, if you like. This session aims to be a conversation not a presentation. **Presenter:** Meredith Hinchee

How to get ESPs More Involved

Many ESPs join the union and never attend local or region meetings. More union info should be available to them. In my session I will share ways to get them involved and interested. Must make that connection.

Presenter: Holly Smigelski

If I Knew Then...What I Know Now...ESPs and Retirement

Retirement is a big step in the life of an ESP. This session will give you some information about things to consider when planning on retirement, whether soon or in the future. From district and IMRF benefits, social security, penalties for retiring early to health insurance and Medicare, there are many things to consider when planning on retirement. This session will give you an overview of them all.

Presenter: Rosemary Majerczyk

Laws, Regulations and Policies that Empower Your Local

This session will inform and empower members of IEA locals about the various laws, regulations, and ongoing legislation they can use to advance the safety, respect and rights for themselves and others. Areas that would be covered: Battery/Drug/Gun reporting, meeting with new employees and members, personnel file access, Weingarten Rights, family responsibility discrimination, current legislative efforts and Tier 1/Tier 2 retirement overviews.

This session will also show the importance of knowing their school's policies. Knowing policies can help advocate for safety, discipline rights and hold the Board accountable for the various daily teaching conditions.

Presenters: Nicole Nichols and Ray Greenberg

Leadership Development for Education Support Professionals (ESP) Presidents and Vice Presidents

Education Support Professionals (ESP) presidents and vice presidents will explore unique leadership development to effectively represent and empower ESP members while strengthen their unions and contributing to a more equitable and inclusive education system. **Presenter:** LaShanna Fulwiley

Microaggressions: Death by a Thousand Papercuts

The old adage, "Sticks and stones can break my bones, but names can never hurt me," is a fallacy. The truth is implicit bias refers to attitudes and beliefs that unconsciously impact our decisions and actions. These ingrained biases then manifest themselves and are reflected in the forms of microaggressions that are insidious, hurtful and create a psychic toll on anybody experiencing them. Stereotypes that are prevalent in diverse classrooms can negatively impact student behaviors and academic outcomes. This workshop will discuss and share real-life examples of microaggressions and stereotypes.

Presenter: Linda Matsumoto (PD/CEU Hours = 1)

Responding to Student Behavior in a Culturally Responsive Manner

In this 1-hour interactive session, educators will explore practical strategies for responding to student behavior through a culturally responsive lens. Participants will reflect on how culture, identity, and implicit bias influence perceptions of student behavior and discipline. Using real-world examples and group discussion, the session will guide attendees to identify equitable, relationship-centered responses that honor students' cultural backgrounds and promote a positive school climate. This session is ideal for K-12 educators, retired members and staff committed to fostering more inclusive and supportive learning environments. **Presenter:** Karen Moore

The Backbone of Our Schools-Honoring ESP's, Building Equity, and Moving Forward Together

This session is a rallying call for Education Support Professionals, by an ESP. Together, we'll celebrate the vital roles we play, confront the inequities we face, and explore how union power, community care, and small collective actions can drive big change. Through honest reflection, practical tools, and a wellness-centered group activity, we'll strengthen our voice, our value, and our unity. Come recharge, reconnect, and reimagine what's possible – because we are not just support staff. We are essential and we move schools forward.

Presenter: Nandini Asar

The Injured School Employee: Rights and Benefits

An overview of the Illinois Workers' Compensation laws and administration, including recent "reforms." Special emphasis will be placed on real-life examples involving custodians, bus drivers, cooks, administrative staff, and paraeducators.

Presenters: Jay Johnson and Russell Haugen

Tips & Tricks for Running an Effective and Inclusive Meeting

Ever find yourself at the end of a meeting thinking that "this could have been an email"? As an association leader you likely won't be able to do away with meetings altogether, but you can make them engaging for your participants. You may be responsible for hosting a variety of meetings at the building, local, or regional level for large and small audiences. This session will feature ideas association leaders can put into practice during the planning and hosting stages to ensure any meeting you are responsible for running is both effective and inclusive and that you and your members can get the work of the association done in a thoughtful and engaging way. **Presenter:** Kelsey Harms



Tips & Tricks for Using Excel

Ready to level up your Excel game? Whether you're a new user or have been using Excel for years, this session will highlight powerful Excel tips and tricks that'll save you time and work more effectively. We'll break down each technique with real-world applications so you'll know exactly when and why to use them. You'll walk away with clear, step-by-step instructions to implement these tips and tricks yourself. Attendees are encouraged to watch and ask questions; devices are not required to attend this session.

Presenter: Kelsey Harms

Welcome to the IEA – Understanding Your Union!

Are you new to the Illinois Education Association or looking to become more engaged? This workshop is the perfect place to start. We'll walk you through how the IEA is organized, how its key committee's function, and how staff and elected leaders work together to support members. You'll learn about the role and operation of the Education Support Professional (ESP) Council, the fundamentals of unionism, the purpose and power of the union, and key laws that govern and protect the work we do. We'll also highlight valuable resources and professional opportunities available through the NEA.

Presenters: Crystal Bush and Debra Ward-Mitchell



General Session

Being Hands-On with NEA Member Benefits

NEA Member Benefits has a plethora of products and services for you and your immediate family to utilize to make your everyday lives more fulfilling! Choose from online shopping, to travel, to protecting your income and family to purchasing a new vehicle. NEA Member Benefits has it all.

Join Susan Estes as she guides you through the Member Benefits webpage into a bountiful life! **Presenter:** Susan Estes

Building Power & Connections – Workplace and Community Mapping

Learn how to analyze and map your community to set your local up for success in organizing and member engagement. Build understanding of how to keep track of recruitment efforts and to engage other locals in your district/organization in mutual support. Discuss methods of maintaining member engagement across large districts with multiple buildings. Explore how developing strong relationships with community partners can lay the foundations for strong and effective bargaining.

Presenter: Ursula Gruber

Building Vibrant Locals Through Art, Joy, and Solidarity

Learn how leaning in to Art, Joy, and Community Solidarity can revitalize your member engagement and provide local organizers relief from burnout. Attendees have an opportunity to practice and gain skills to take back to their locals. Organizing and recruiting can be stressful. Learn how to brighten your efforts and unify your team! **Presenter:** Ursula Gruber

Cultural Humility

Understanding the importance of culture and learning about our own and others' worldviews can help us be cognizant of our own biases. We can learn how to manage those biases and beliefs, so they don't interfere with our assumptions about & professional relationships with our students and families. This training hopes to influence you to consider how you can become more culturally humble and to consider the multitude of complex values and identities that constitute your classroom and school. Come join us on this journey of cultural awareness!

Presenters: Cathy Stewart and Robin Twidwell

IEA Elections

The training will provide information to assist in the proper and smooth operation of local and regional IEA-NEA elections as required by the Landrum Griffin Act, IEA Election Procedures and IEA-NEA Bylaws. The entire process, from notification of the election through storage of election materials, will be discussed. This training is beneficial to anyone involved in the election process at the local or regional level.

Presenter: Gabby Rosenblum

Membership Processing for Local Membership Chairs/Contacts

The session aims to provide an in-depth understanding of membership processing within the Illinois Education Association (IEA). By addressing the requirements outlined in the IEA Bylaws, operational insights, and hands-on training with the latest electronic platforms, this training aims to enhance the capabilities and confidence of local membership chairs and contacts in managing and processing membership efficiently.

The membership processing function starts with the basic requirements in the IEA Bylaws and other documents that set forth the parameters and responsibilities of enrolling and tracking all IEA members. Attendees will gain a robust understanding of the membership processing function. Through a detailed examination of the online enrollment platform and the electronic billing system, attendees will learn to download, review and update member information, including creditable earnings data, and update membership types accordingly. Additionally, we will review monthly billing statements, demonstrate how and where to view current IEA balances, identify if IEA has received a payment and how to pay IEA-NEA bills electronically using electronic funds transfer from your locals' bank account.

Finally, the session will facilitate networking and collaborative discussions among peers, allowing participants to share best practices and strategies with other local leaders for effectively managing membership activities.

Presenter: Dawn Hall

Mindfulness Practices to Retrain Your Stress Response

This session will focus on the science of the brain and stress responses. The session will lead into ways that people can retrain their stress responses and channel their energy into positivity through mindfulness and meditative practices. Participants can expect to leave with actionable steps to manage their individual stress responses.

Presenter: Kim Klyczek (PD/CEU Hours = 1)

Out of the Pickle Jar-A Story of Survival and Resilience

Out of the Pickle Jar is a deeply personal memoir that offers educators a unique lens into the impact of trauma on children and the resilience they can develop with the right support. Told through vivid recollections of my search for my missing mother and the struggles my family faced with addiction and poverty, this story highlights the invisible battles many students bring to the classroom. As educators, understanding these experiences is vital to fostering empathy, building trust, and creating safe spaces where students can thrive despite adversity. This presentation will inspire you to see beyond behavior and academic struggles, reminding us all of the transformative power of compassion in education. **Presenter:** Stephanie Plumlee

Roundtable for Local Presidents with President Al Lorens – Hosted by President Support Team

The President Support Team, in collaboration with IEA President Al Lorens, would like to update local presidents on pressing matters. We would also like to hear from all local presidents about what issues they need help with and how we can be of assistance from the state level committees and leadership.

Presenter: Julie Hagler

Please use this QR code to register for One Conference.



Rep. Sean Casten



As a scientist, clean energy entrepreneur and CEO, and now as a Member of Congress, Representative Sean Casten has dedicated his life to fighting climate change. In Congress, Casten draws on his two decades of experience as a business leader to reduce emissions while creating jobs, lowering energy costs for Americans, and spurring economic growth.

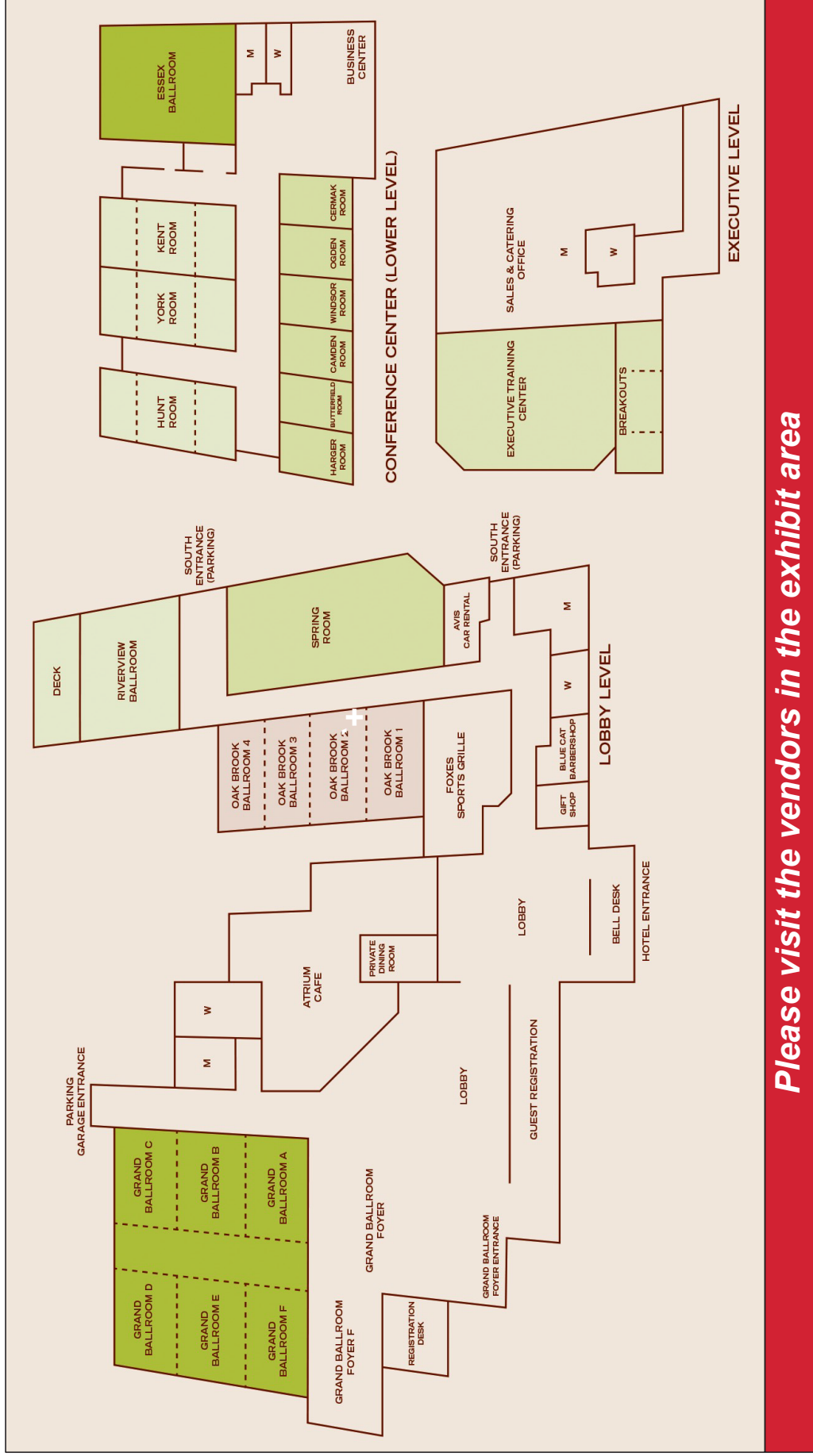
Rep. Casten serves as the Vice Ranking Member on the House Financial Services Committee and is a member of the Joint Economic Committee. He also serves as Vice-Chair of the Sustainable Energy and Environment Coalition (SEEC) and is a Co-Chair of the Sustainable Investment Caucus.

While working diligently in Washington on behalf of Illinois' 6th Congressional District, Rep. Casten is also committed to keeping in close contact with his constituents. He lives in Downers Grove with his family.

Visit Rep. Casten's website: <https://casten.house.gov>

NOTES

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Please visit the vendors in the exhibit area

IEA CONNECT 

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