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# Early Years Muskoka Professional Development Newsletter



## HELLO!

I trust this July newsletter finds you all healthy, happy, and enjoying the summer season.

Have you ever observed others behave in ways that made things worse than better? Have you ever witnessed drama at your workplace, among your friends, among your neighbours, or family members? Most importantly, have you ever behaved in a way that you wish you hadn't? If you are an observant and self-reflective person, you answered yes to all of the above. My answers are affirmative as well.

Recently, I made a mistake of not making sure that packages that were sent out to participants of the Sensory Processing workshop had a return address on them. As a result, one of the participants called our office to explain how confusing and upsetting to her receiving a package from seemingly an unknown place was. I want to admit to you that at first I did not feel like taking the responsibility for the problem. I wanted to diminish it, to blame something or somebody else for it. Granted, these thoughts/feelings did not occupy my head space for long; however, they did appear and it took a conscious effort on my part to **act above the line**, abandon drama, acknowledge the problem, and most importantly take responsibility for it.

If you can relate to what you just read, you will appreciate the contents of this edition of Muskoka Early Years Professional Development newsletter which focuses on **ending drama by living consciously and acting above the line.**

On a personal note, the vegetable garden here in Rosseau is starting to burst with life; yellow zucchinis are among the first produce to manifest its glory. So many other vegetables are yet to make their appearance: potatoes, tomatoes, beets, beans. I wonder how many of you have vegetable/fruit/flower gardens you enjoy. If you do and would like to share with us photos of them, please connect with me!

Keep in touch!

Kasia Oxley, Children's Services Community  
Facilitator, Children's Programs and Services  
Work Cell: (705) 645-1533  
Email: [kasia.oxley@muskoka.on.ca](mailto:kasia.oxley@muskoka.on.ca)



Please note that the information contained in this newsletter is intended to encourage conversation and self-reflection and is not to be considered as advice.

## Are you working from presence or the drama triangle?

Brought to you by [The Conscious Leadership Group](#)

**Learning format:** Online Video

**Time commitment:** 3 minutes, 21 seconds

**Areas of interest:** understanding drama, victim consciousness, living in presence, taking responsibility, leadership, empowerment

[Click here to watch the video...](#)

## Jim Dethmer in an interview with Shane Parrish on Leading Above the Line

**Learning format:** Audio Podcast

**Time commitment:** 1 hour, 45 minutes, 33 seconds

**Areas of interest:** psychology, leadership, awareness, personal and professional growth

[To listen to the podcast, click here!](#)

Jim Dethmer is a founder of the Conscious Leadership Group; [click here](#) to learn more about Jim.

Shane Parrish is a founder of Farnam Street; to learn more about Shane, Shane suggests you read [this article](#) about him.



### Notable quotes:

**Jim:** When you are above the line, you are open, curious, and committed to learning, you are actually in the sense of trust, able to trust yourself, able to trust the environment, able to trust whoever you are in a relationship with, able to trust the universe, wherever you place your trust. And when you are below the line, you are contracted, you are in a state of threat, so now you are closed, you could be close-minded, your literal body posture could be closed, very often your heart is closed, you are defensive, and the big idea is you are attached to proving you are right. (...) Can I locate myself in this now moment, am I open or closed, am I in a state of trust or in a state of threat? Because we believe that the ability to locate yourself really does start a powerful conversation inside of yourself and with anybody else you are doing this work with.

**Jim:** In my experience most people live most of the time in a kind of an automatic pilot; they are just in a trance, sleep walking through life at the effect of their personality, and at the effect of their ego structure.

# Which Thoughts/Ideas Do You Commit To?

## THE 15 COMMITMENTS

**Learning format:** Read online or download PDF Guide

**Time commitment:** 10 minutes

**Areas of interest:** personal growth, positivity, change

Taken from <https://conscious.is/15-commitments>

Conscious commitment begins the process of positive change and relational and organizational resolution. We define commitment using its Latin origin, *committere*, which means to gather one's energy and move it in a chosen direction. Using this definition, we view commitment as an energetic experience and not a moral issue.

We invite you to embrace these 15 commitments as your entry-gate into **By Me,** a life free of victimhood. Following each commitment is the **"To Me"** commitment; the way people show up when they are living and leading (either consciously or unconsciously) from the belief that life is happening to them.

### 11. Approval



BY ME

I commit to being the source of my security, control and approval.



TO ME

I commit to living from the belief that my approval, control and security come from the outside; people, circumstances and conditions.

Please email [Kasia](mailto:kasia@conscious.is) to let her know your thoughts on drama and acting above the line for a chance to win a resource of your choice (value of up to \$25.00)

**The winner of the "How do I problem solve" submission challenge is Aly Guildford. Congratulations Aly!**

#### Aly's submission:

I approach a problem by first calming myself and then the person that may be involved. Without taking some deep breaths or a walk or fresh air, reactions won't be the best nor will they be productive.

After calming down I would analyze the problem and why it is a problem/what caused the problem. Then I would brainstorm solutions with the person if there was one.

Example: If my son has a problem with what we are planning in doing or he is reacting negatively, I do the following: I get down on his level and we do one or two deep breaths. I ask him what's wrong and he tells me. Then I can tell him why we can't do something (the way you are playing is going to break something, let's play with it over here instead) or what is going to happen next (we will wash hands then we can play with that toy).

**Past workshop on Navigating Global Grief and Life**

**Learning format:** Online video

**Time commitment:** 57 minutes, 54 seconds

**Area of interest:** Covid-19, grief, personal growth, self-love, supporting others

We were fortunate enough to be able to record Navigating Global Grief and Life workshop which was presented by Yvonne Heath on June 29th of this year. We are happy to share the recording with you!

[Click here to view the recording..](#)

**Access Password:** 7u@=. \$s+

Please note that this link will expire in approximately two months' time.

**GETTING TO KNOW OTHER EARLY YEARS PROFESSIONALS IN MUSKOKA**

**Sarah MacKay**

**2. Without disclosing confidential information, please tell me about how your involvement**



**1. What is your current job, and how did you arrive at it, in other words why do you do what you do?**

I am the Bracebridge Licensed supervisor for Muskoka Family Focus. I Supervise the 2 Bracebridge Centres; Bracebridge Children's Place and BPS Children Place. I also supervise the summer camp when it is running and the school age programs at BPS and MMO. I have worked for Muskoka Family Focus for 20 years. I started off working at GCP as the ECE in the toddler room and then moved to BCP. I have been in the supervisor role for 6 years for Muskoka Family focus. I enjoy the changes the job brings on a daily basis, working with the educators, working with the families as an advocate for their child with or without exceptionalities and getting to know all our community partners.

**within the early years profession created a better outcome for a child/family (may include an example from personal life)?**

With this new role I was able to work around my kids schedule and lets me be involved in their extracurricular activities.

**3. What's most challenging about the work you do?**

I think the ever changing rules and keeping up with them (Ministry, Health Unit etc.) now more than ever.

**4. What do you like to do in your spare time?**

I enjoy being with my kids and husband in my spare time. We go four wheeling, skating mom, walks, swimming and canoeing, snowmobiling in the winter and having cook outs with friends.

**5. What book/resource could you recommend to our readers?**

The Things we cannot say by Kelly Rimmer

**6. What's your favorite quote?**

I have a couple I say a lot. "I've got this" and "You can't unsay something, so be kind"

**7. Which famous person would you like to have lunch with and why?**

Dr Seuss. I would love to see inside his brain and how he wrote so many great children's books

**8. Anything else that you would like to share?**

Be happy in the career you choose. Don't do it because of the money, do it because you enjoy it.

## INSPIRATION CORNER

**"Judging others makes us blind, whereas love is illuminating. By judging others, we blind ourselves to our own evil and to the grace which others are just as entitled to as we are."**

— Dietrich Bonhoeffer

**"You must be the change you wish to see in the world."**

— Mahatma Ghandi

**"Our success is directly related to our clarity and honesty about who we are, who we're not, where we want to go, and how we're going to get there."**

— Howard Behar

For a chance to win a \$25.00 Amazon gift card, please [submit](#) a reflection of yours that you would like us to consider for publication in a future newsletter.

Your submission does not have to be in a form of an essay, other forms of expression are welcome, such as: poetry, video footage, note, opinion piece, interview, photos accompanied by a short text, review, etc.

Was the content in this newsletter helpful to you?

**Yes**

Select

**No**

Select

**Somewhat**

Select