

JOIN US

for an engaging information session
on August 5, 2026 from 1-2!

Hear from previous HEART graduates,
discover the benefits and requirements of
participation, and receive answers to your
questions! [Register Here.](#)

Today's early childhood leaders are experiencing unprecedented challenges. Balancing boundaries with compassion is critical to establishing and maintaining a positive, flourishing climate in your program. In this series, we will build your capacity for self-awareness, self-compassion, and selflessness, which will serve as the foundation for a leadership approach that harnesses the full potential of your organization's greatest strength: its people.

Audience: Early Childhood Directors and Administrators

Benefits:

- Connect with others and pursue personal and professional development
- Greater focus, presence, and confidence as you implement strategies that build mindfulness, belonging, and wellness
- Strengthen staff retention and recruitment strategies
- Foster a climate of trust, improve employee engagement and growth, renew purpose, build a positive organizational climate
- Create an environment where all members feel safe and valued
- Free access to the Healthy Minds @ Work app

[Click here to apply by August 27, 2026](#)

Series Outline:

October 2026

Welcome: Leadership Series Kick-Off

(3-hours, Live Zoom) October | 1:00 - 4:00 PM

October - December 2026

Leading Ourselves with Compassion

(5-hours, Self-paced, Online)

November 2026

Community of Learners (CoL) Session 1

(1.5-hours, Live Zoom) November | 6:30 - 8:00 PM

December 2026

Exploring Values, Vulnerability and Authenticity

(2-hours, Live Zoom) December | 6:30 - 8:30 PM

January 2027

Authentic Leadership

(2-hours, Live Zoom) January | 6:30 - 8:30 PM

February - March 2027

Leading Staff with Compassion

(4-hours, Self-paced, Online)

February 2027

CoL Session 2

(1.5-hours, Live Zoom) February | 6:30 - 8:00 PM

March 2027

Implications for Belonging

(2-hours, Live Zoom) March | 6:30 - 8:30 PM

April 2027

CoL Session 3

(1.5-hours, Live Zoom) April | 6:30 - 8:00 PM

May 2027

Moving from Me to We

(2-hours, Live Zoom) May | 6:30 - 8:30 PM

May - June 2027

Leading Our Organizations with Compassion

(4-hours, Self-paced, Online)

June 2027

CoL Session 4

(1.5-hours, Live, Zoom) June | 6:30 - 8:00 PM

