

heart of the classroom: culture & well-being

# HEART

## Summit

# FEBRUARY 12 2025

Our biggest virtual SEL conference has arrived!

From authors and podcast hosts to administrators and online learning community leaders, these speakers will fill your heart.

Throughout the day, you'll engage in interactive presentations, reflective activities, and mindful connections, along with exciting resource giveaways.

Sessions will focus on heartfelt strategies for the classroom and taking care of the heart of the schools (YOU). This event is perfect for anyone in the educational field!

**\$25!**

**ONLINE VIA ZOOM**

6 PDHs | 1 Graduate Credit Available

**REGISTER**

*WELCOME - 8:30*

**HEARTFELT IGNITER - 9:00**

**SPEAKER**  
**LANI LAWSON**



8:45 - 10:00

**KEYNOTE**

THE HARD WORK OF OPTIMISM

*WELL-BEING BREAK - 10:00*

**BREAKOUT - 10:15**

10:15 - 11:00

**45 MIN**

REGULATION AND RELATIONSHIPS  
TOOLS FOR PAUSING, RECONNECTING, AND  
STAYING PRESENT IN STRESSFUL TIMES

**SPEAKER**  
**BRANDI LUST**



10:15 - 11:00

**45 MIN**

HEART-CENTERED CLASSROOMS:  
HARNESSING SEL, SELF-CARE, AND EMPATHY  
THROUGH MINDFULNESS AND YOGA

**SPEAKER**  
**COURTNEY DONOHOE**



10:15 - 11:00

**45 MIN**

A TRIBUTE TO TINA TURNER:  
WHAT'S DATA GOT TO DO WITH IT?

**SPEAKER**  
**DEVON LAROSA**



*WELL-BEING BREAK - 11:00*

**BREAKOUT - 11:15**

11:15 - 12:00

**45 MIN**

CAPTURING STUDENTS' HEARTS...  
EVEN THE ONES WHO PUSH YOUR BUTTONS

**SPEAKER**  
**JESSICA SINARSKI**



11:15 - 12:00

**45 MIN**

LET'S BE WITH OUR STUDENTS!  
ENGAGING RESTORATIVELY WITH STUDENTS  
AND CREATING HEALING SPACES FOR ALL

**SPEAKER**  
**JASON SMITH**



11:15 - 12:00

**45 MIN**

THE PATH TO FREEDOM:  
LETTING GO OF JUDGMENTS TO  
TRANSFORM YOUR CLASSROOM

**SPEAKER**  
**RYAN REINECKE**



*LUNCH & SELF-CARE - 12:00*

**BREAKOUT - 12:30**

12:30 - 1:15

**45 MIN**

REIGNITE YOUR JOY:  
THE MAGIC METHOD FOR  
EDUCATOR SELF-CARE

**SPEAKER**  
**AYESIS CLAY**



12:30 - 1:15

**45 MIN**

NEURO-SOMATIC  
SELF-REGULATION & STRESS  
PROCESSING FOR TEACHERS

**SPEAKER**  
**ELISABETH KRISTOF**



12:30 - 1:15

**45 MIN**

THE IMPORTANCE OF  
ESTABLISHING AND PRACTICING  
AFFIRMATIONS

**SPEAKER**  
**KIERRA PICKENS**



*WELL-BEING BREAK - 1:15*

**HEARTFELT FINALE - 1:30**

**SPEAKER**  
**PHIL JANUSZEWSKI**



1:30 - 2:45

**ENDNOTE**

LEANING INTO YOUR  
PURPOSE

*CLOSING REMARKS - 2:45-3:00*



**REGISTER**