



Northern Lights Professional Development Summit

Friday, May 29, 2026

Agenda, Workshops, Parking Information and Notes

- **9:00 - 9:30** Check-in, coffee, and mingling
- **9:30 - 10:15** Welcome and Updates from Northern Lights
- **10:15 - 10:30** Break
- **10:30 - 12:00** Morning workshop
- **12:00 - 1:00** Lunch and networking
- **1:00 - 2:30** Afternoon workshop
- **2:30 - 3:00** Closing

We have 2 “tracks” for workshops, one related to training delivery and the other related to coaching. You are welcome to choose your workshops upon arrival and do not need to stick with one “track.” You can choose whichever workshop feels more relevant for you.

Morning Workshop Option 1: **Anchored in Care: Collective Practices to Sustain Compassion for your Community and Yourself with Annie Valentine**

This session is an invitation to explore what it means to understand mental health and stay anchored in our purpose, connection, and compassion. Participants will recognize and reflect on the early signs of compassion fatigue, decision fatigue and mental exhaustion and practice small, sustainable ways to restore energy and empathy.

Morning Workshop Option 2: **Foundations of Instructional Coaching in Early Childhood Education with Jenny Coltey**

This session supports new ECE instructional coaches in building confidence and foundational skills for working with teachers. Through interactive activities and real-world practice, participants will learn effective coaching strategies and leave with a practical tool to guide their first steps



Afternoon Workshop Option 1: **Supporting the Brain Architects with Carrie Becker**

Research shows that the majority of a human's brain development occurs between birth and age 3. If this is true, why are the people caring for our littlest learners excluded from intentional professional development that focuses specifically on their age group? During this session, we will learn how to listen to the needs of infant and toddler teachers, brainstorm workshop topics & content, and consider the benefits of these training topics to the broader early childhood educator community.

Afternoon Workshop Option 2: **Coaching Beyond Behavior: Unlocking the Inner Drivers of Change with Courtney Isham**

Description: Build on your skills to know how to coach beyond observable behaviors by helping educators access the beliefs, identity, and inner patterns that ultimately drive sustainable change. Within this workshop, you'll support educators with gaining awareness of what drives their behavior to support them in upgrading the action that supports their goal.

Parking Information: free parking for this event is available in the City of Winooski parking garage on Cascade Way (see map below)

- Park in any spot that is not marked as reserved
- At the kiosk, press "CODE" and enter: **20266585**
- Enter license plate number.

The walk from the parking garage to CCV takes about 5-7 minutes (see map for reference)

Handicap accessible parking is available in the visitor lot next to CCV (directly across the street from the Beverage Warehouse)

Notes:

Due to the nature of this event and CCV policy, we cannot accommodate children at this event.

Buffet lunch will be provided by Sarom's Café. Vegan and gluten-free options will be available. We will have an ingredient list available, but the restaurant cannot guarantee that meals are completely allergen-free. Please plan accordingly.



You can get to the parking garage from CCV two ways.

1. Take East Allen Street into the traffic circle, take the exit onto Winooski Falls Way and then on to Cascade Way.
2. Take Abenaki Way to Winooski Falls Way and then on to Cascade Way.

