

# BREAKOUT SESSIONS – 2018 Resource Family Conference

1:45 pm – 3 pm

TOPIC	SUMMARY
<p>THE SECRET KINDNESS AGENTS</p> <p>Presented by Dr. Ferial Pearson</p>	<p>Participants will learn how the Secret Kindness Agents project began, how it turned into a global movement, and what the research shows about the benefits of kindness education to adults, youth, and their contexts. Finally, participants will explore how to implement the project in their own contexts.</p>
<p>TESTING, TESTING! IMPLICIT BIAS</p> <p>Presented by Dr. Lisa Taylor</p>	<p>With the continuing concern surrounding treatment of low-income families and persons of color in America, it's important as professionals and resource families to participate in personal reflection to test our own biases. Daily reflection can help ensure fair and loving treatment of individuals (and their families) within the foster care system and the homes in which individuals are placed.</p>
<p>REAL COLORS</p> <p>Presented by Sarah Wittmann</p>	<p>More than 2300 years ago, Hippocrates, the Greek philosopher, scientist and physician wrote that all humans could be divided into 4 distinct behavior types. We'll explore how we're unique in our personalities, along with valuing the differences in each other while improving understanding, empathy and communication. Real Colors is a Personality Instrument that bridges temperament theory and real life application in a way that is fun and easy to understand! <a href="#">Watch this video</a> to learn more. This session is limited to the first 30 people that request it.</p>

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3:15 pm – 4:30 pm

TOPIC	SUMMARY
<p>A CRASH COURSE IN GENDER DIVERSITY: UNDERSTANDING AND SUPPORTING TRANSGENDER AND NONBINARY IDENTITIES</p> <p>Presented by Amy West and Dylan Patrick Murphy</p>	<p>Assuming no previous knowledge, this presentation will look at examples of gender diversity in ancient cultures and an overview of modern-day terminology and common identities within the U.S. We'll discuss unique challenges and barriers facing transgender and nonbinary individuals, including trans and nonbinary youth in foster care. Attendees will be equipped with ideas and strategies for promoting the inclusion and safety of all gender diverse individuals. Speakers will pull from personal and professional experiences during this session.</p>
<p>BALANCING... IT'S ALL AN ACT</p> <p>Presented by Sheri Ramirez</p>	<p>Sheri is a single parent whose only child, Amber, suffered from a major illness in her teens that required extreme surgery to remove half of her brain, resulting in disability. Join Sheri as she discusses the challenges they have faced, changes they have adapted to, and resources they have depended on to recover and move forward.</p>
<p>REAL COLORS</p> <p>Presented by Sarah Wittmann</p>	<p>In a practical application of personality theory, we will use the second session to explore how to interact with people in a trauma informed way. This session is limited to the first 30 people that request it.</p>