

# IECMH Annual Conference



*Compassionate Leadership:  
Leading From Where You Are*

*Join our virtual  
conference May 14-  
16, 2024 from  
9:00-4:00 PM EST*

*SESSIONS ARE RECORDED!*



**CEU's and Certificates provided**  
**All sessions are provided with ASL interpretation  
and captioned.**

**<https://cvent.me/9XRP2G>**





# Our Keynotes!

## *Nefertiti B. Poyner, Ed.D.*

Nefertiti B. Poyner, Ed.D., is an author, public speaker and provider of professional learning experiences primarily in the field of early care and education. Nefertiti began her career doing what she loves, developing the minds of young children as a pre-kindergarten and kindergarten teacher in Philadelphia, Pennsylvania. During our conference she will share strategies for you to build your bounce! The focus will be on YOUR resilience, YOUR well-being, YOUR overall health and happiness. Simple strategies that can reduce your stress and increase your ability to focus, to be patient, to show empathy, to feel capable, to set limits, and to feel joy will be shared. These simple strategies are not magic bullets that make stress and burnout go away, but they are research-based tools that you can start using right away.



## *Joan Trumpauer Mulholland*

Her Freedom Rider mugshot has been called one of the most iconic in American history. By the time she was 23 years old, Joan Trumpauer Mulholland participated in over 50 sit-ins and demonstrations including the Freedom Rides, the Jackson Woolworth's Sit-in, the March on Washington, the Meredith March and the Selma to Montgomery March. Her path has crossed with some of the biggest names in the Civil Rights Movement: Martin Luther King, Medgar Evers, Fannie Lou Hamer, John Lewis, Diane Nash and Julian Bond to name a few. During her keynote she will share information and strategies about leading from where you are.



## *Cheryl Shah*

Cheryl is a Certified Mindful Self-Compassion teacher, a curriculum developed by Kristen Neff and Chris Germer, through the Center for Mindful Self-Compassion. She has a deep self-compassion practice, that has given her resources to support her during times of stress and burnout at work and given her courage to make difficult decisions. Cheryl is a Senior Facilitator for Potential Project and a Certified Mindfulness-Based Stress Reduction (MBSR) teacher for over 7 years at Qualcomm and UCSD, Center for Mindfulness. She is also Co-Director of Workplace Programs for UCSD and is a Senior Facilitator for Mindful Leader. During her keynote she will provide participants with tools and resources to incorporate compassionate leadership into their practices.

