

## REJUVENATE!

Summer is here again! Many of us are looking forward to long sunny days, recreation with family or evenings around a campfire. This is also a good time to evaluate your professional career. For me, my journal becomes my silent best friend.

Begin with documenting your achievements, successes and delights of the year, and then compare the list to the goals you created last summer. It's interesting to see how they match up. Evaluation helps you set more accurate goals for the coming year.

Relish in the successes of the year to gain enough positive energy for contemplation of the more difficult parts of the year. Questions to ask yourself are: What is necessary for growth? Did the decision/action directly relate to a goal? Could I have done it differently? This process allows you to look at lull points of the year and learn from them.

If you keep a journal, have it nearby during the next two months for those unexpected moments of inspiration. Little thoughts, big ideas, whatever comes to mind, write it down.

As summer nears an end, start thinking about the routine of fall. Read through your journal for the fresh insight you had early in the season. By now, you should have enough perspective to create new goals and embark on an exciting adventure.

*Amber D. Havens*

### OWNERS & DIRECTORS

**It is time to take the next step and order brochures and business cards.**

Call Saltwater Zapf for all your marketing needs.

360-434-5647  
saltwaterzapf.com

## Customize Your Trainings

ETP is taking a new approach to trainings. We have put together an extensive menu of STARS approved training topics for you to choose from. Workshops vary in length and day-long training events can be customized to meet your needs. Most workshops can accommodate up to 30 attendees, so the more people attending the less cost per person.

Prices for a 2 hour training (including travel, setup, and cleanup) start from as low as \$300. That's only \$15 per person for a class of 20!

Don't wait to get your STARS training. Call ETP today!  
253-853-3499

These are just a few of the available training topics:

- Movement and Dance*
- Creative Curriculum*
- Parent Communication*
- Boys Will Be Boys*
- Professional Marketing Techniques (Marketing 101)*
- Working With Bi-lingual Children and Families*
- Infant Routines and Environments*
- Toddler Routines and Environments*
- Creating an Outdoor Classroom*
- Diversity Training and Make and Take*
- Train the Trainer*
- Organized Outdoor Games for Preschool Children*

Have you thought about earning your CDA or ECE degree?

Do you need help creating a realistic training plan for your site?

*ETP can help - give us a call!  
We help you brainstorm for solutions that meet your individual and program goals.*

**253-853-3499**

CDA classes coming soon to  
Bremerton, Silverdale, and Lacey



12518 Tanager Drive NW, Suite 100  
Gig Harbor, WA 98332

253-853-3499

*Supporting those who nurture the early years*

## 10 ways to rejuvenate yourself

- Start a professional journal
- Watch the sun set
- Take an evening walk through the woods after a hot summer day
- Enjoy a book written for adults
- Do something just for yourself
- Have a picnic in the park
- Attend a workshop on a fun and interesting topic
- Lay on the grass and look for cloud formations
- Add new music to your program
- Be a tourist in your own town and enjoy the hustle and bustle

## What is CDA?

The Child Development Associates (CDA) is a nationally recognized credential that focuses on early childhood education. A candidate must attend 120 hours of targeted training from an approved training source, during which, they create a resource

□ NAEYC's lead teachers and also meets requirements for the State of Washington to be a program director. For detailed information, visit their web site at [cdacouncil.org](http://cdacouncil.org)

Currently ETP is offering the CDA training course in Gig Harbor. Candidates meet every other Monday. For more information or to sign up, please contact Amber at 253-853-3499.

Registration is open for fall quarter.